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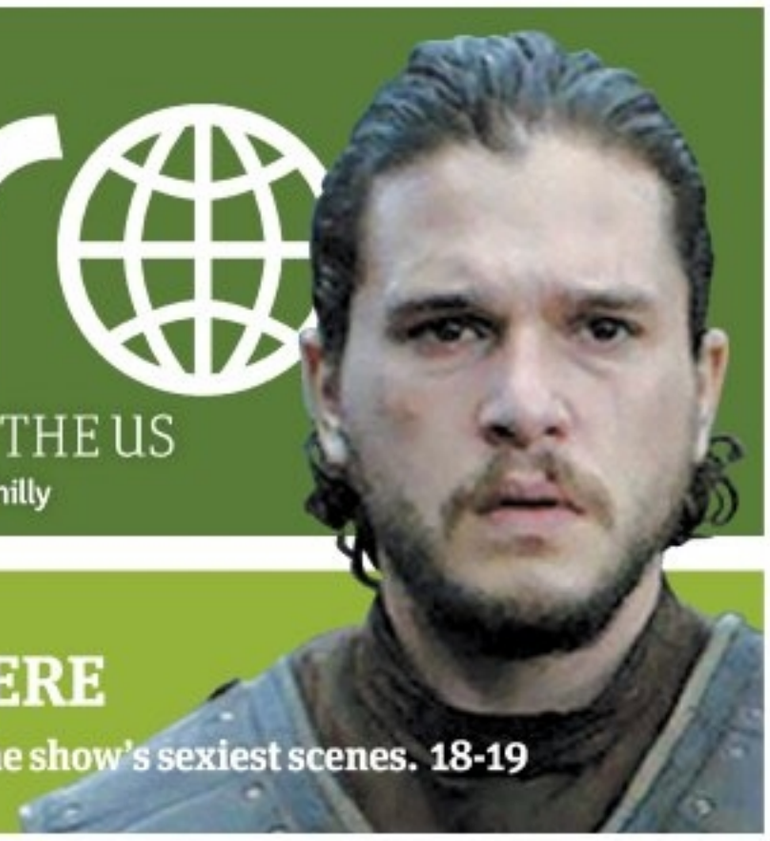
Weekend, July 13-16, 2017 metro.us | t: MetroPhilly | f: MetroPhilly



WINTER IS FINALLY HERE

We're celebrating 'Game of Thrones' premiere with the show's sexiest scenes. 18-19

Smelling food can make you fat. 16

History on Sixers' side with back-to-back No. 1s. 32

FINDING PEACE

One traveling monk has a plan to help Philadelphians balance their urban lives with the serenity of the countryside. 4

PROVIDED

TRUMP SAYS HE WAS UNAWARE OF MEETING

1 President Donald Trump said he did not fault his son Donald Trump Jr. for meeting with a Russian lawyer during the 2016 presidential election campaign and he was unaware of the meeting until a few days ago. Asked if he knew that his son was meeting with lawyer Natalia Veselnitskaya in June last year, the president told Reuters in a White House interview: "No, that I didn't know until a couple of

days ago when I heard about this." Trump Jr. eagerly agreed to meet the woman he was told was a Russian government lawyer who might have damaging information about Democratic rival Hillary Clinton as part of Moscow's official support for his father's campaign, according to emails the son released.

GIANT ICEBERG BREAKS OFF ANTARCTICA

2 One of the biggest icebergs on record has broken away from Antarctica, scientists said, creating an extra hazard for ships around the continent as it breaks up. The one trillion ton iceberg, measuring 5,800 square km, calved away from the Larsen C Ice Shelf in Antarctica sometime between July 10 and 12, said scientists at the University of Swansea and the British Antarctic Survey. The iceberg, which is roughly the size of the U.S. state of Delaware or the Indonesian island of Bali, has been close to breaking off for a few months. Throughout the Antarctic winter, scientists monitored the progress of the rift in the ice shelf using the European Space Agency satellites. The ice will add to risks for ships now it has broken off. The peninsula is outside major trade routes but the main destination for cruise ships visiting from South America.

STEVE SCALISE OUT OF INTENSIVE CARE

3 U.S. Rep. Steve Scalise, the No. 3 Republican leader in the U.S. House of Representatives who was shot and wounded last month, is no longer under intensive care although he remains in serious condition, according to a source familiar with the lawmaker's status. Scalise had been readmitted to MedStar Washington Hospital Center's intensive care unit over concerns about an infection fol-

lowing surgery. He is still being treated for the infections, according to the source. The Louisiana Republican was among a group of Republican lawmakers attacked June 14 just outside Washington when a gunman opened fire on them while they were practicing for an annual charity baseball game.

I AM SAM

4 A dejected Andy Murray of Great Britain acknowledges the crowd as American Sam Querrey celebrates after winning his men's singles quarterfinal match on Day 9 of Wimbledon at the All England Lawn Tennis and Croquet Club on Wednesday in London. GETTY IMAGES

FIRMS PROTEST CHANGES TO NET NEUTRALITY RULES

5 Facebook, Twitter, Alphabet Inc. and dozens of other major technology companies are participating in an online protest to oppose proposed changes to U.S. net neutrality rules that prohibit broadband providers from giving or selling access to certain internet services over others. In support of the "Internet-Wide Day of Action to Save Net Neutrality," more than 80,000 websites are displaying alerts, ads and short videos to urge the public to oppose the overturn of the landmark 2015 net neutrality rules. Net neutrality is a broad principle that prohibits broadband providers from giving or selling access to speedy internet, essentially a "fast lane," to certain internet services over others. The rule was implemented by the Obama administration in 2015. The changes are being proposed by the head of the U.S. Federal Communications Commission, Ajit Pai, appointed by President Donald Trump.

WELCOME TO METRO.US!

KIMBERLY M. AQUILINA, WEB REPORTER

Former "Saturday Night Live" player and current U.S. Senator Al Franken (D-MN) is making climate change funny. Because who says icebergs snapping off and floating away, impending food shortages and possible release of prehistoric diseases can't be hilarious? Franken teamed up with comedian David Letterman for the first season of a new web series, "Boiling the Frog with Senator Al Franken." **metro.us**

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Philly yoga and meditation center links city dwellers back to nature

Devamrita Swami, center, speaks to a group at Mantra Lounge and Meditation Center in Fishtown. ALL IMAGES PROVIDED

Bhakti yoga center in Fishtown is part of a new "urban-rural farm connection" project.

SAM NEWHOUSE
@scnewhouse
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Philadelphia is the launch pad for a spiritual group's new attempt to link meditation-seeking city dwellers with replenishment in a rural setting.

"The purpose of the urban-rural farm connection is to demonstrate sustainable living and spiritual thinking," said traveling monk Devamrita Swami. "We strongly advocate the combination of both."

Swami, 66, is a Bhakti yoga practitioner who is partly based in New Zealand. But he has played a leading role at both Mantra Lounge, in Fishtown, and Gita Nagari, a 350-acre farm in Port Royal, Pennsylvania, which he described as the "only certified cruelty-free dairy farm in the USA."

Mantra Lounge opened in 2015 and offers regular workshops on meditation, yoga and philosophy to groups of 10 to 40 guests at a time. Gita Nagari opened in 1974 and attracts some 5,000 visitors a year.

"It [the farm] has been around for a long time," Swami explained. "What is news is our realization that there must be an urban connection."

What currently exists is a "symbiotic" relationship between farm and the lounge, Swami said, with a regular exchange of staff and visitors between each space, while the farm is also used to host retreats and other events. The farm also serves to raise visitors' awareness of the ecologically balanced life that the spiritual practice of bhakti yoga calls for, he said.

"We're in a very serious situation, as the only species that has destroyed its own habitat, and we need to understand that without a connection to the land — and all that that connection entails in terms of a balanced lifestyle — there'll be no major solution," Swami said. "The question is, how many urbanites want to invest in a rural connection, if not moving to a rural area, at least developing an active reciprocal relationship?"

> *"The purpose of the urban-rural farm connection is to demonstrate sustainable living and spiritual thinking."*
> Devamrita Swami

Swami, many of whose talks can be seen on YouTube, was educated at Yale and has been traveling the world as a monk and teacher for four decades. But back in the '60s, he was living in West Philadelphia with his mother, at 53rd and Catherine streets, while attending Central High School.

"Philadelphia to me represents the sophistication of the Northeast, combined with the down-to-earthness of the Midwest," he said. "As I'm speaking at universities in the Philadelphia area, I've seen that students are hungry for this urban-rural farm project connection. … Honestly, I'm surprised at the yearning of students for something that will make a difference, something that will make environmental sense."

Swami said the lounge and farm are affiliated with ISKCON, the International Society for Krishna Consciousness, which is sometimes referred to as the Hare Krishna movement. But they are more specifically aligned with the Bhakti yoga practice, he said, which includes a focus on Krishna meditation and the teachings of the Bhagavad Gita.

"The real environmental problem has to do with toxic consciousness. So unless we have a program for refining and distilling what is within, we'll continue to have problems without," Swami said. "There's desperation in society today. People need to see a different way of living."

Swami will be speaking Friday, July 13, at Mantra Lounge at 6 p.m. at 312 E. Girard Ave. Visit mantraphilly.com for more information.

Swami has been traveling the world as a monk and teacher for four decades.

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AMTRAK

Amtrak considering tighter airline-style economy-class seating

Outgoing Amtrak Co-chief Executive Wick Moorman said on Wednesday the money-losing U.S. passenger rail system is considering a less comfortable economy class of seats that could allow it to pack in more passengers.

"We are looking at doing some creative things in terms of creating an economy class," Moorman said at the National Press Club talk in Washington.

He said that seat pitch - the distance between the seatback and the seat in front of it - would be tighter like in airline seats. "There will be some other things that just don't make it quite as comfortable," Moorman said.

Moorman told reporters the railroad is studying the idea and has not made any final decisions.

Amtrak fares can be higher than airline fares but its trains currently offer much more leg room than an economy-class airplane seat.

"We compete very well with the airlines," Moorman said, noting trains on its heavily traveled New York-Washington route do not have middle seats and allow passengers to avoid New York's LaGuardia Airport and lengthy airport security lines.

Amtrak had a record 31.3 million passengers last year, with more than one-third of them in the Northeast Corridor. It operates an average of 300 trains a year on 21,300 miles of tracks, serving 500 destinations in 46 states.

Amtrak struggles to pay for itself. For the year ending Sept. 30, it posted its highest ever total revenue of $3.2 billion. Its unaudited operating loss of $227 million was the smallest since 1973.

Amtrak scored a victory on Monday when a U.S. House Appropriations Committee panel rejected massive budget cuts proposed by the Trump administration that would have ended $630 million in subsidies for Amtrak to operate long-distance train service.

REUTERS

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Cosmo Dinardo, 20, has been arrested for the theft of a vehicle belonging to a man who has been missing since last week. BUCKS COUNTY DISTRICT ATTORNEY'S OFFICE

Man linked to missing Bucks men busted trying to sell car

Cosmo Dinardo, of Bensalem, has been arrested for trying to sell a missing man's car.

HAYDEN MITMAN
@MetroPhilly
letters@metro.us

The 20-year-old man being called a person of interest in the ongoing search for four Bucks County men missing since last week was arrested on Wednesday and charged with the theft of a car belonging to one of the missing men.

Released Tuesday on bail after being arrested earlier this week on a month-old gun charge, Cosmo Dinardo, of Bensalem, was arrested again on Wednesday afternoon, law enforcement officials said, after it was discovered that he had tried to sell a vehicle belonging to Tom Meo, 21, of Plumstead, who has been missing since Friday.

During an afternoon news briefing on the four missing Bucks County men — which include Meo; Mark Sturgis, 22, of Pennsburg; Dean Finocchiaro, 18, of Middletown and Jimi Tar Patrick, 19, of Newtown Township — Bucks County District Attorney Matt Weintraub said that on Monday, Dinardo attempted to sell a 1996 Nissan Maxima that belongs to Meo.

In the vehicle, Weintraub said, police discovered an unsigned title to the vehicle, showing that Meo had not signed ownership of the vehicle over to Dinardo, along with a diabetic kit that Meo needs to survive.

"His diabetic kit, which he never went anywhere without, was found in the vehicle," said Weintraub.

According to court documents on Dinardo's most recent arrest, Meo was last seen on July 7 and was reported missing after he didn't show up for work on Saturday, July 8. The documents noted that Meo and Sturgis were friends who worked together and that Sturgis' vehicle was found less than 2 miles from where Meo's car was located.

Also, the documents claimed that police interviewed a friend of Dinardo's who said that on Saturday, July 8, at about 5 p.m., they were contacted by Dinardo, who was looking to sell an "older model Nissan Maxima for $500."

On Wednesday afternoon, Weintraub said that Dinardo was arrested just before the 3 p.m. news briefing. Dinardo's bail on the new car-theft charge has been set at $5 million.

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The new app aims to help individuals handle legal issues without having to pay for a lawyer. ISTOCK

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MICHAEL MARTIN
@MetroPhilly
letters@metro.us

Free Robot Lawyer sounds like a sketch left on the "Saturday Night Live" cutting-room floor, but it's a very real thing, one that's helping people who can't afford an attorney to represent themselves in common legal issues.

DoNotPay isn't an animatronic being that actually walks into court for you — yet. It's an online tool developed by a Stanford student that, thanks to an upgrade that goes live today, can help users address more than 1,000 legal matters free of charge.

According to Mashable, some of the bot's capabilities include helping you contest parking tickets, filing consumer complaints or reporting harassment in the workplace. It can even assist refugees applying for political asylum.

"The expansion is into consumer rights, from fighting your landlord to getting a refund when something isn't delivered on time," says DoNotPay creator Joshua Browder, who created the service to fight his own parking tickets. "I think businesses should be forced to treat consumers better, and consumer-rights bots will hopefully change that."

The interface is an instant-messaging app into which users enter a legal problem and answer questions about it. DoNotPay then crafts a legal form such as a claims letter or cease-and-desist notice, or it refers you to additional legal aid. It's powered by IBM's Watson technology.

The cost savings can amount to thousands of dollars in lawyers' fees. According to Business Insider UK, in 2016, DoNotPay successfully appealed £2 million in parking tickets.

His aim is to allow those who can't afford traditional legal representation to obtain just recourse. "I think the world is such an unfair place," said Browder. "Credit card companies charge the poor more for the same thing. Employers don't respect the right to maternity leave. Half of all parking tickets are dismissed in New York. Previously, the main way to correct this unfairness was to pay a lawyer hundreds of dollars to copy and paste a document. I hope DoNotPay gives more people a way to stand up for their rights."

> *"The expansion is into consumer rights, from fighting your landlord to getting a refund when something isn't delivered on time."*
>
> DoNotPay creator Joshua Browder

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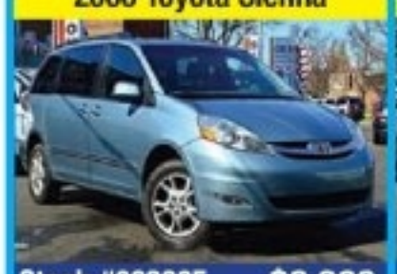

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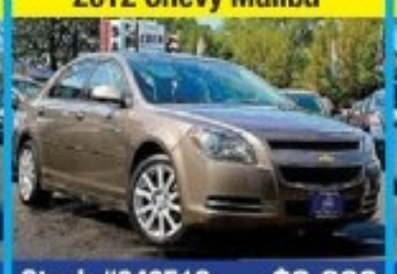

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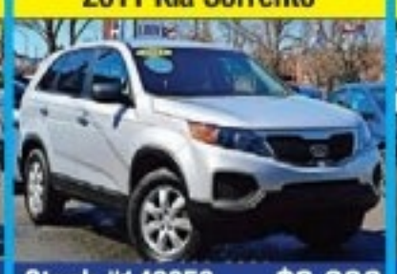

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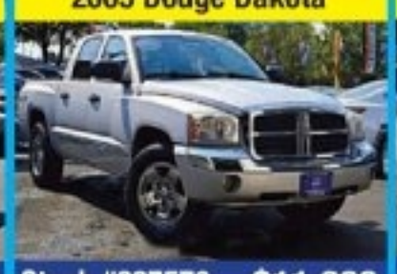

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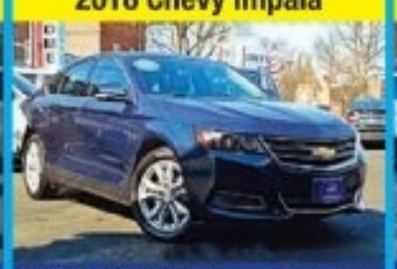

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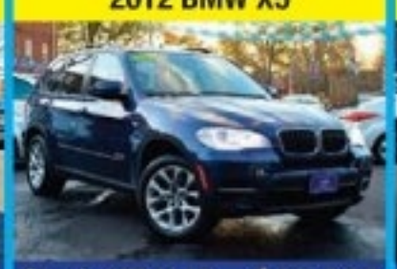

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David Wildstein provided evidence to authorities during the Bridgegate scandal. GETTY IMAGES

Ex-Christie ally and Bridgegate mastermind avoids prison

Chris Christie, who was never charged in Bridgegate, now has record-low approval numbers.

The mastermind of the Bridgegate lane closure scandal, which helped derail New Jersey Gov. Chris Christie's presidential ambitions, avoided a prison sentence on Wednesday, after U.S. prosecutors praised his help in their investigation.

David Wildstein, 55, a former executive at the Port Authority of New York and New Jersey and a high school classmate of Christie's, provided the key evidence that led to the conviction of two Christie allies.

"Were it not for Mr. Wildstein's cooperation, it is unlikely that we are even here today," Assistant U.S. Attorney Lee Cortes told U.S. District Judge Susan Wigenton in federal court in Newark, New Jersey.

The judge sentenced Wildstein to three years of probation, noting that he was the only figure in the scandal to accept responsibility for his actions.

Wildstein concocted a scheme to shut down access lanes at the George Washington Bridge in September 2013, causing massive traffic jams as punishment for a local Democratic mayor who declined to support Christie's gubernatorial re-election bid.

The bridge between New Jersey and New York City is the world's busiest, according to the Port Authority, which oversees it.

Christie, who was never charged, has denied any involvement, despite Wildstein's testimony that the governor was aware of the plot as it unfolded. The fallout damaged Christie's unsuccessful 2016 bid for the Republican presidential nomination, and he is now saddled with record-low approval ratings in his final year as governor.

Wildstein's co-conspirators, former Christie aide Bridget Kelly and former Port Authority executive Bill Baroni, were found guilty after Wildstein's testimony implicated Kelly, Baroni, Christie and other key Christie administration figures.

Kelly and Baroni were sentenced to 1½ and two years in prison, respectively. They are free on bail while they appeal their convictions.

Wildstein said that he, like Kelly and Baroni, had fallen victim to a toxic atmosphere fostered by Christie.

> *"Were it not for Mr. Wildstein's cooperation, it is unlikely that we are even here today."*
> Lee Cortes

"I admit to being a willing participant in a culture that was, upon reflection, disgusting," he said. "Each of us put our faith and trust in a man that neither earned it or deserved it."

It was Wildstein's willingness to turn over incriminating messages to state legislators that ensured the scheme came to light, Cortes said. Those documents included an infamous email in which Kelly told Wildstein, "Time for some traffic problems in Fort Lee," setting the plot in motion.

Kelly, Cortes said, had deleted that email along with others, leaving Wildstein as the only source of crucial information.

REUTERS

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Trump's FBI pick vows independence, says Russia probe no 'witch hunt'

FBI Director nominee Christopher Wray testifies during his confirmation hearing before the Senate Judiciary Committee on Wednesday on Capitol Hill in Washington, DC. GETTY IMAGES

Christopher Wray, nominated by Trump to replace the fired James Comey as FBI director, sought to stake out independence from the president and protect the agency from partisan political influence.

President Donald Trump's pick to head the FBI, Christopher Wray, on Wednesday said he would refuse to pledge loyalty to Trump, rejected his description of the probe into Russian election meddling as a "witch hunt," and vowed to quit if asked by the president to do something unlawful.

Wray, who seemed headed for Senate approval to fill the 10-year post, testified during a 4½-hour Judiciary Committee confirmation hearing amid an uproar in Washington over 2016 emails released on Tuesday involving the president's son, Donald Trump Jr.

The emails showed the Republican president's son agreeing last year to meet a woman he was told was a Russian government lawyer who might have damaging information about Democratic White House rival Hillary Clinton as part of Moscow's official support for his father.

Wray deflected specific questions from Republican Sen. Lindsey Graham about the president's son's emails, saying he had not read them. But Wray said, "Any threats or effort to interfere with our election from any nation-state or any non-state actor is the kind of thing the FBI would want to know."

Trump's son did not notify the FBI and wrote "I love it" about the Russian's offer of information on Clinton.

Trump fired Comey on May 9, igniting a political firestorm, and later cited the "Russia thing" as his reason. The Justice Department eight days later named Robert Mueller to serve as special counsel to investigate alleged Russian interference in the 2016 presidential race to help Trump win and potential collusion between Moscow and Trump associates.

The Russia matter has dogged Trump's first six months in office. Wray said he had no reason to doubt the U.S. intelligence community's conclusion that Russia interfered in part by hacking and releasing emails damaging to Clinton, a claim Moscow denies.

Wray worked at the Justice Department under Republican former President George W. Bush when Comey was deputy attorney general and Mueller was FBI director. Wray also represented New Jersey Gov. Chris Christie in a political scandal.

Trump has called the Russia probe a "witch hunt."

"I do not consider Director Mueller to be on a witch hunt," Wray told Graham.

Wray said he was "very committed" to supporting Mueller's investigation, calling him a "consummate straight shooter and somebody I have enormous respect for." REUTERS

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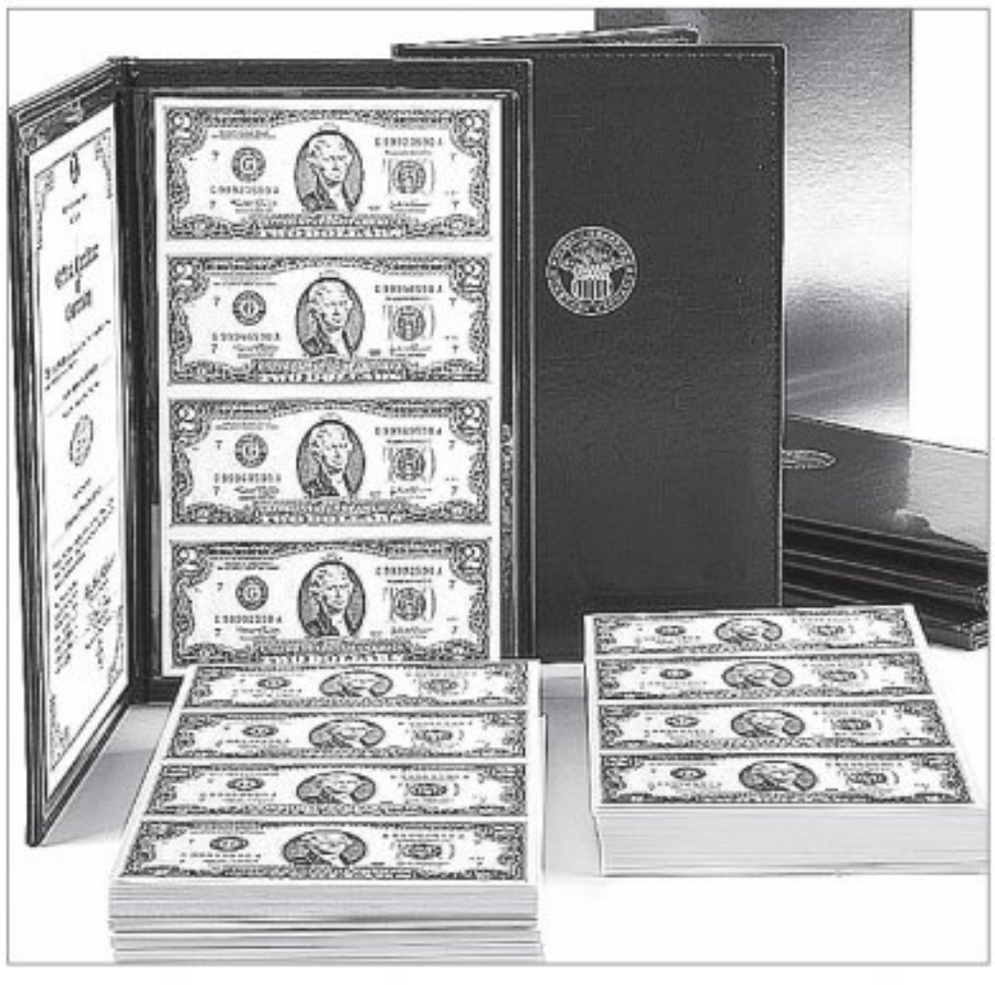
■ **48-HOUR DISTRIBUTION:** These seldom seen uncut sheets of new $2 bills are being moved from the private vaults of the Lincoln Treasury for immediate distribution to Philadelphia area residents. Residents who beat the 48-hour order deadline to get the vault stacks containing three protective bankers portfolios for just thirty-eight dollars per portfolio are getting the valuable uncut sheets of never circulated $2 bills for just face value. That's a real steal because only those residents whose zip code appears on the Distribution List are getting the Vault Stacks full of real money just by calling 1-800-731-4576 Dept. UNC264 to beat the 48-hour deadline.

Philadelphia area zip codes turn up cash for residents

Valuable Gov't issued uncut sheets of money are actually being handed over to the first Philadelphia area callers who find their zip code on the distribution list and beat the 48-hour order deadline to get Vault Stacks full of real money



■ **VALUABLE:** Pictured to the left are the Vault Stacks containing three protective bankers portfolios, each loaded with a valuable uncut sheet of never circulated $2 bills. It's impossible to predict how much the bills will be worth in the future. That's why smart collectors are snatching up all the valuable uncut sheets of Gov't issued money they can get their hands on, so you better believe at just thirty-eight dollars and shipping each bankers portfolio is a real steal since the first Philadelphia area callers who beat the 48-hour deadline are getting the valuable U.S. Gov't issued uncut sheet of money for just face value.

PENNSYLVANIA - Philadelphia area residents who find their zip code on the Distribution List will feel like they just won the lottery.

That's because for the next 48 hours, uncut sheets of never circulated $2 bills are being released by the Lincoln Treasury not to banks, not to dealers and not just to the rich and famous, but directly to Philadelphia area residents who beat the order deadline.

The only thing residents need to do is look for their zip code on the Distribution List printed in today's publication. If their zip code appears on the list, they need to immediately call the Distribution Hotline before the 48-hour order deadline ends to get the Vault Stack containing three protective bankers portfolios each loaded with its own uncut sheet of never circulated $2 bills. But only those residents whose zip code appears on the Distribution List can even get the Vault Stacks containing three protective bankers portfolios full of real money.

"The money is being released until our last remaining uncut sheets of $2 bills are completely gone," said Timothy J. Shissler, Executive Director of Vault Operations

(Continued on next page)

(Continued from previous page)

at the private Lincoln Treasury.

"That's why we've set up a Toll Free Distribution Hotline to make sure residents get them now," he said.

"This announcement is being so widely advertised because everything in our vault may soon be gone. So residents who want to get the uncut sheets of never circulated $2 bills had better hurry and call right now," Shissler said.

Those who get in on this now will be the really smart ones. Just think what they could be worth someday.

"Currency values always fluctuate, and there are never any guarantees. But at just thirty-eight dollars the bankers portfolio is a real steal since the first Philadelphia area callers who beat the 48-hour deadline are getting the valuable U.S. Gov't issued uncut sheet of money for just face value," Shissler said.

"You would expect to only see uncut money sheets on display in the Oval Office or under guard at the Smithsonian," he said.

"In fact, they are so seldom seen, banks don't even have them. That's why I've issued a directive to release a limited number of never circulated uncut sheets of $2 bills from our private vault reserve to residents of the Philadelphia area. Residents whose zip code is not on the Distribution List can't have our Vault Stacks loaded with these uncut sheets of $2 bills," Shissler said.

"These uncut sheets of Gov't issued $2 bills will be highly sought after and are extremely popular to hand out as gifts for friends and family," he said.

Most people have never even seen one of these full uncut sheets of four never circulated bills.

"We're bracing for all the calls. With just hours left, we're doing our best to make sure Philadelphia area residents get through. But, it is important that residents find their zip code on the Distribution List and call the Toll Free Hotline right away to beat the deadline. Because when our release is over, it's over," he said.

"We're allowing residents whose zip code appears on the Distribution List to claim as many as 10 Vault Stacks. But, since you can't get these Vault Stacks containing three protective bankers portfolios full of U.S. Gov't issued uncut sheets of money at banks, credit unions or even the Federal Reserve the limits will be strictly enforced," Shissler said.

"So, residents who want these Gov't issued uncut sheets of real money need to call right now. If lines are busy keep trying, we promise to answer all calls," Shissler said. ■

■ **FULL UNCUT SHEETS:** Above is one of the valuable uncut sheets of four never circulated $2 bills that are actually being released to Philadelphia area residents. These crisp seldom seen uncut sheets of real money are being released on a first come, first served basis. That's why Philadelphia area residents whose zip code appears on the Distribution List need to immediately call **1-800-731-4576** to get the Vault Stacks containing three protective bankers portfolios full of real money since they're only being released by the Lincoln Treasury through this offer for the next 48 hours.

How to get the money

The Toll Free Distribution Hotline opens at 8:30am today for Philadelphia area residents only. The Lincoln Treasury has authorized the release of uncut sheets of never circulated $2 bills to residents who beat the 48-hour deadline. If lines are busy, keep trying all calls will be answered. If you miss the deadline you'll be turned away from this offer and forced to wait for future announcements in this publication or others, if any.

The only thing readers need to do is find their zip code on the Distribution List below and be one of the first residents who call and beat the order deadline to get the Vault Stack containing three protective bankers portfolios, for just $38 per portfolio and shipping. Everyone who does is instantly being awarded the valuable uncut sheets of never circulated $2 bills for just face value. There is a strict limit of 10 Vault Stacks per household. To get yours call the Toll Free Hotline number below.

Zip Code Distribution List:

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Arizona 85, 86	**Kansas** 66, 67	**New Hampshire** 03	**Tennessee** 37, 38
Arkansas 71, 72	**Kentucky** 40, 41, 42	**New Jersey** 07, 08	**Texas** 75, 76, 77 78, 79, 88
California 90, 91, 92, 93 94, 95, 96	**Louisiana** 70, 71	**New Mexico** 87, 88	
Colorado 80, 81	**Maine** 03, 04	**New York** 00, 10, 11, 12 13, 14	**Utah** 84
Connecticut 06	**Maryland** 20, 21	**North Carolina** 27, 28	**Vermont** 05
Delaware 19	**Massachusetts** 01, 02, 05	**North Dakota** 58	**Virginia** 20, 22, 23 24
Florida 32, 33, 34	**Michigan** 48, 49	**Ohio** 41, 43, 44, 45	**Washington** 98, 99
Georgia 30, 31, 39	**Minnesota** 55, 56	**Oklahoma** 73, 74	**West Virginia** 24, 25, 26
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Executive: Amtrak considering tighter airline-style economy class seating

Outgoing Amtrak Co-chief Executive Wick Moorman said on Wednesday the money-losing U.S. passenger rail system is considering a less comfortable economy class of seats that could allow it to pack in more passengers.

"We are looking at doing some creative things in terms of creating an economy class," Moorman said at the National Press Club talk in Washington.

He said that seat pitch — the distance between the seatback and the seat in front of it — would be tighter like in airline seats. "There will be some other things that just don't make it quite as comfortable," Moorman said.

Moorman told reporters the railroad is studying the idea and has not made any final decisions.

Amtrak fares can be higher than airline fares but its trains currently offer much more leg room than an economy-class airplane seat.

"We compete very well with the airlines," Moorman said, noting trains on its heavily traveled New York-Washington route do not have middle seats and allow passengers to avoid New York's LaGuardia Airport and lengthy airport security lines.

Amtrak had a record 31.3 million passengers last year, with more than one-third of them in the Northeast Corridor. It operates an average of 300 trains a year on 21,300 miles of tracks, serving 500 destinations in 46 states.

Amtrak struggles to pay for itself. For the year ending Sept. 30, it posted its highest ever total revenue of $3.2 billion. Its unaudited operating loss of $227 million was the smallest since 1973.

Amtrak scored a victory on Monday when a U.S. House Appropriations Committee panel rejected massive budget cuts proposed by the Trump administration that would have ended $630 million in subsidies for Amtrak to operate long-distance train service.

The House panel instead approved $1.4 billion for Amtrak, about what it received last year. It also backed an additional $900 million in new funding for the $24 billion planned Gateway rail project to build a new train tunnel under the Hudson River near New York City. The funding also will pay to repair the existing, century-old tunnel between New York and New Jersey before it becomes unusable in the next decade.

On Wednesday Richard Anderson, a former Delta Air Lines chief, became president and co-CEO on Wednesday, just two days after Amtrak launched a major renovation of its busiest U.S. hub, New York City's Pennsylvania Station, following years of disruptions and delays along the Northeast Corridor.

Anderson and Moorman, who became CEO in September and recruited Anderson, will share the top job until Moorman steps down on Dec. 31.

The Penn Station repairs, expected to cost $30 million to $40 million over several years, was expedited after recent derailments and other problems from decaying infrastructure caused delays for thousands of commuters throughout the greater New York City area. It is expected to cause major service disruptions across the metropolitan region this summer.

The project has caused a rift between Amtrak, the station owner, and the two states that use most of the hub's track space, New York and New Jersey. Moorman said he is confident the repairs will be completed by early September, or it will finish them on weekends. REUTERS

Amtrak locomotives sit parked at the 18th Street locomotive shop in Chicago, Illinois. GETTY IMAGES

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Smelling food could make you fat: Study

A new study indicated that an ability to smell in mice affected their propensity to gain weight. GETTY IMAGES

Fresh on the heels of the devastating news that zero-calorie seltzer might cause weight gain, a sadistic new study indicated that just smelling food may make you fat.

In the research, conducted at UC Berkeley and published this month in the journal Cell Metabolism, scientists fed three groups of mice a high-fat "Burger King diet." One group was obese but had lost its sense of smell, another was normal in weight and scent perception, and the other was a set of "super smellers." Surprisingly, the sniff-gifted group literally doubled in size, while the obese mice without a sense of smell gained only 10 percent more weight.

And it wasn't because the excellent smellers gorged themselves: The groups consumed the same amount of food.

The researchers theorized that the smell of food might affect how our bodies respond to calories. People who can't smell their food might burn them, while people who can smell their food might store them.

"Weight gain isn't purely a measure of the calories taken in; it's also related to how those calories are perceived," said senior study author Andrew Dillin, a professor of molecular and cell biology at the university. "If we can validate this in humans, perhaps we can actually make a drug that doesn't interfere with smell but still blocks that metabolic circuitry. That would be amazing."

You don't have to say that twice, fella.

The study did have unfortunate results for the smelling-impaired weight-loss group: Those mice had higher levels of noradrenaline, a hormone that can lead to heart attacks in humans if levels are chronic.

Scientists said the experiment's findings could one day have applications in humans, perhaps by temporarily disabling the sense of smell to induce weight loss. But there would be risks to that approach: "People that don't have a sense of smell can get depressed," said the lead researcher. "They lose all pleasure of eating."

MICHAEL MARTIN

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Adorable twin pandas celebrate first birthday at Chongqing Zoo

Twin giant pandas, brother Yu Bao and younger sister Yu Bei, play during their 1-year birthday party at Chongqing Zoo on July 11, 2017, in Chongqing, China. GETTY IMAGES

Twin giant pandas celebrated their first birthday Tuesday at the Chongqing Zoo in southwest China, and it was the most adorable thing ever.

Yu Bao and Yu Bei had a panda party complete with a special birthday cake made from their favorite treats – bamboo, carrots and apples.

The zoo invited local children to the birthday party to celebrate with the pandas.

According to CCTV News, the pandas seemed to understand that it was their birthday and appeared extra playful as onlookers watched and laughed. Despite recent temperatures reaching higher than 95 degrees, the pandas energetically climbed trees and clambered over swings and ladders. The zookeepers set up pools for them to keep themselves cool and prevent heat stroke.

"The pandas are healthy and enjoy playing very much every day. In the early morning, we let them play in the playground and offer them toys specially designed for them, which they like very much," Yin Yanqiang, chief technology officer of the Panda House at Chongqing Zoo, said to CCTV News.

Yu Bao and Yu Bei were born July 11, 2016, at the Chongqing Zoo to 14-year-old mom Lan Zing. One panda year of life is the equivalent of four human years. According to the World Wildlife Fund (WWF), twin giant pandas are born more frequently in captivity and when artificial insemination is used. They can live up to 30 years in captivity. According to Pandas International, there are more than 300 giant pandas left in captivity around the world.

According to Chinese news site Xinhuanet.com, the names Yu Bao and Yu Bei mean "the precious treasure of Chongqing" when combined.

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10 Sexiest 'Game of Thrones' scenes

If you're a "Game of Thrones" fan, you know it's an overtly sexy show. And we don't mean the naked butts or the lady full-frontals — we're talking about the murders, the furs, and the lots and lots of wine drinking. With the show returning this Sunday, July 16, it's as good a time as any to explore the sexiest moments from everyone's favorite fantasy show. Here are 10 of our absolute favorite, definitely sexy, scenes. **RACHAEL VAUGHAN CLEMMONS**

This time Jon Snow brooded.
Jon Snow is a wise sage and knows that the best and sexiest way to emote is through a delicious, moody pout. But also? Brooders gon' brood.

That time Jon Snow died.
After the mutiny at the Wall, Jon Snow is stabbed to death, which is pretty rude. You can't just go around stabbing your Lord Commander, ya dig? Anyway, it's still pretty sexy because, murder! Also his hair still looks really good.

When Jon Snow considered whether or not war was the answer and then was like, duh, of course it is.
The moment that Jon Snow tamed his curls into a man bun at the nape of his neck was — in this writer's opinion — the sexiest moment in the entire "Game of Thrones" series. Also, it was basically Jon being like, "I'm a man now," so he immediately went into a very bloody, very sexy battle! Loving the careful attention to reinforcing gender norms.

That time certified hottie Oberyn Martell got his eyes poked out.
Romance! Violence! Sweet revenge! What's more sensual than a graphic closeup of someone getting his eyes squeezed out of his head? That's right, nothing.

The time that Tormund looked at Brienne like she was a grass-fed rib-eye grilled to medium-rare perfection.
When are these two going to make sweet love on a battlefield, with war waging all around them? Hopefully in season seven!

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This time that Cersei drank wine.
Cersei never just really drinks wine. She drinks wine and schemes about all the people she's going to murder to get her way. It's so sensual and evil!

The time where Cersei wasted her wine, but as a means of torture.
Because wine should never be wasted, unless it's for sexy, sensual waterboarding. Or, we guess, wineboarding!

That time Dany burned a bunch of people alive with her wrath, and also literal fire.
Sometimes you just gotta burn the patriarchy down. Literally. There's nothing sexier!

When Melisandre was like, oh yeah BTW I'm an old crone.
Talk about body positivity! When Melisandre takes off her huge statement necklace and reveals she's a withered old crone, it's like — whoa! Look at that sexy withered old crone! It's — how do you say? — straight-up magical.

ALL PHOTOS COURTESY OF HBO

When Ramsay got his face eaten off by dogs.
Remember when Sansa watched her super-evil husband get ripped to pieces by his own canines? And how erotic and sultry it was? Hubba hubba — now that's a romance for the ages!

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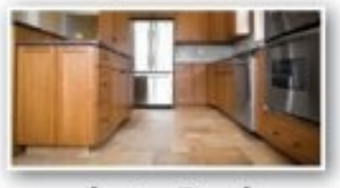

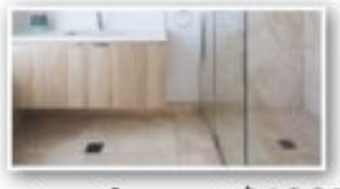

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Hail, Caesar

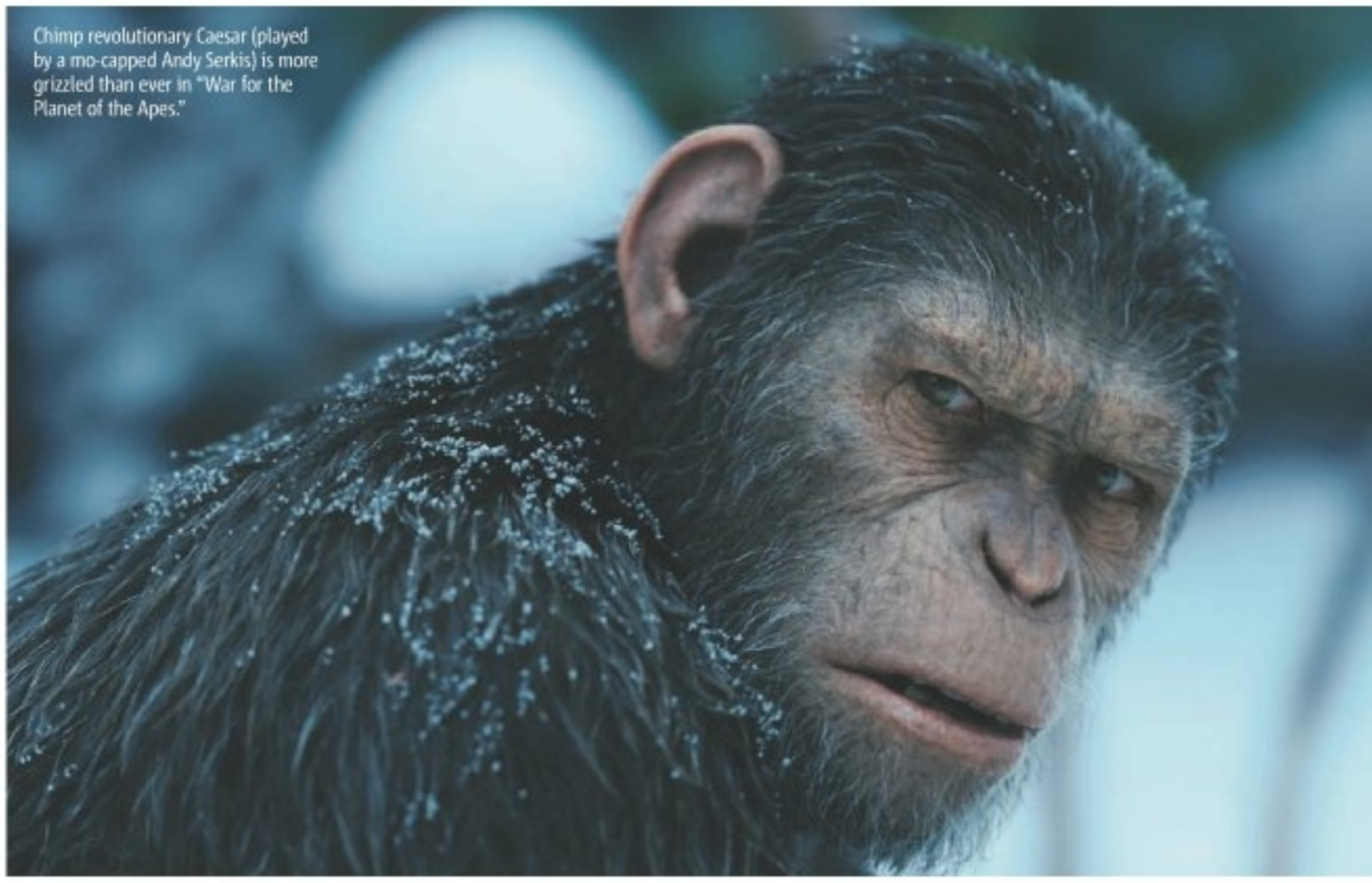
We imagine what it would be like to talk to the simian hero of "War for the Planet of the Apes."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

In 2011, the world met Caesar. He was a super-smart chimp and the hero of "Rise of the Planet of the Apes," the reboot of the original film series that began in 1968. Caesar started out nice, even though he was being used for drug testing, which accidentally made him intelligent, capable of speech and complex thought. There were some — notably James Franco's scientist — who were kind to him. Most people weren't, though, and when he was pushed too far, Caesar wound up leading his species in a revolution against their human oppressors.

By the third in the series, "War for the Planet of the Apes," things have gotten even worse. Humanity has largely been wiped out by a supervirus; the survivors (including a psycho colonel played by Woody Harrelson) have decided to eradicate their simian neighbors, who will soon inherit the Earth. But Caesar won't go down without a fight.

We imagined what it wold be like to sit down with Caesar (embodied onscreen, as ever, by the great Andy Serkis, in mo-cap tech) to talk about human stupidity, climate change, Trump and what this very angry chimp does to relax.



Chimp revolutionary Caesar (played by a mo-capped Andy Serkis) is more grizzled than ever in "War for the Planet of the Apes."

Why do you want to kill all humans?

I don't. You guys attacked us first. We're just trying to find a safe space away from you jerks. Some of y'all are all right, though. I like James Franco.

We wish his literary adaptations of difficult Faulkner and Cormac McCarthy novels were better.

Me, too. But he's pretty great in "The Interview." He made me laugh when I went to see "Why Him?"

But back to genocide: Why do you think humans are so belligerent

Caesar in happier times with nice scientist James Franco, in 2011's "Rise of the Planet of the Apes." ALL PHOTOS COURTESY OF TWENTIETH CENTURY FOX

The future doesn't look bright

Metro: What can we do to ensure a real "Planet of the Apes"-type situation doesn't come about?
Caesar: I mean, it's probably too late. Not to harp on climate change, but one side effect of melting ice caps is that ancient diseases could spread back into the world, and you'd have no clue how to treat them. And of course, America pulled out of the Paris Agreement, all thanks to that reality TV show host you elected president — or not even elected, because he only won due to a technicality you should have fixed back when the same thing happened during the 2000 election. Boy, you guys are really dumb. But look, in the events of the previous "Apes" movie, "Dawn," you saw how there could be peace between us and rational, sane humans. You need more Keri Russells. And more James Francos.

But we can't spend all our time like Franco, making movies and paintings that no one but him wants to see. We need to find a way to speak to the masses, get our sane voices heard.
True, but are you really going to find a way to talk to die-hard Trump voters? That would be like humans talking to one of us chimps who know only sign language. You need to concentrate on the in-between people, the centrists, the ambivalent ones, the ones who aren't too far gone. Once your type out-number the newly energized bigots who voted for the guy who said all Mexicans were rapists, there's a better chance of averting catastrophe. But you probably won't.

toward newly sentient apes?
It's just your nature. You're an irrational species, mysteriously hellbent on your own destruction. You're shortsighted. Did you read that terrifying New York piece about climate change — how you're almost certainly going to wipe yourselves out because you're too stupid to accept scientific warnings? We apes will probably suffer alongside you, because you're raising the Earth's temperature so high that by century's end, if not sooner, the planet will be a microwave. After all, unlike you, we have fur. Good job, idiots.

Humans don't come off very well in "War for the Planet of the Apes."
You don't. The last movie had a few token decent ones, like Keri Russell. There aren't any by this threequel. The only nice human is a little girl who can't talk. She's a victim of that supervirus that struck in "Rise." It evolved and, instead of killing people, it turns their brains to mush, rendering them unable to form words or complex thoughts. Everyone who can talk is a stupid a—hole.

Or just sheep who think that the villain — Woody Harrelson's unnamed crazy Colonel —can alone solve everything.
Yes, nice work making sure this dystopian sci-fi movie feels scarily relevant.

What do you think of our own psycho leader?
Are you serious? Even I'm more eloquent than him, and I'm a talking chimp.

If we do doom our selves to extinction, what would you save of our species' legacy?
The wheel was a good invention. The discovery of fire was smart. Dams and electricity. Swearing is fun. And I have this inexplicable love of Arby's.

Arby's? Seriously?
No shame. I also really enjoy One Direction and Jethro Tull.

This has been a heavy conversation. What do you do to relax?
I'd like to say I crack open a thick Russian novel and turn the pages till I pass out. But I can't really read. I do bingewatch, though. Have you seen "Mozart in the Jungle"? The third season wasn't as good as the second, but I dig it. I wish I could grow Gael Garcia Bernal's hair. When humanity is no more, I'll miss Gael Garcia Bernal's hair on "Mozart in the Jungle" most of all.

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Caesar (Andy Serkis) hates the future in "War for the Planet of the Apes"
ALL PHOTOS TWENTIETH CENTURY FOX

Woody Harrelson (with gorilla) plays the baddest of the humans.

"War for the Planet of the Apes"

Director: Matt Reeves
Stars: Andy Serkis, Woody Harrelson
Rating: PG-13

●●●○○

The original "Planet of the Apes" movies were meant for kids, but they weren't dumb. They were arguably the most political and radical Hollywood product of the era, steeped in Civil Rights lingo and imagery. The fourth one, "Conquest," even ended with what was effectively a slave revolt. Amazingly, the rebooted series isn't as ostentatiously woke. These films are dour and serious and long, but not even the new "War for the Planet of the Apes" speaks directly to our times the way the originals threw in nods to Vietnam and Malcolm X. Then again, it's very 2017 in one way: This is a franchise in which humans are so belligerent and dumb the whole species might as well eat it.

When last we left the new "Apes" saga, human-smart-ape relations had escalated. It's even worse by the time "War" picks up. Apart from a mysteriously mute little girl (Amiah Miller), there are no token nice humans. Nearly the only homo sapiens we see are soldiers, led by Woody Harrelson's "Colonel." He knows humans, plagued with a now-mutating virus, are on the way out, and he'll be damned if some damn dirty apes are going to take our place. He tries to kill the chimp who started the revolution, Andy Serkis' mo-capped Caesar. Instead, he kills his wife and son by accident.

Title aside, there's very little war in "War." After a grimy battle opener, it segues into a dirty revenge Western, only to settle into a POW-camp drama. The normally focused Caesar loses himself to imploding grief, abandoning his tribe for a mission to find and execute the Colonel with extreme prejudice. There's a fair amount of "Apocalypse Now" running through "War," including with the Colonel, who's basically Kurtz, only less charming. But these aren't empty fanboyish shout-outs, as in another recent simian-led blockbuster, "Kong: Skull Island." That film openly quoted famous shots; returning series director Matt Reeves, who also helmed "Dawn," doesn't do that. He's simply made a film that wants to be taken as seriously as the Coppola classic.

Still, "Apocalypse Now" is definitely more fun. "War" is about as heavy as "Dawn." Even the monkey mayhem is po-faced. The ultra-mega-seriousness isn't always matched by the writing; most of the characters are thin, even poor Caesar, whose need for vengeance eventually feels like a way to simply keep the plot going, not something dark bubbling beneath him. Still, it gets an A for effort, and far as this year's downer-franchise entries go, it's far less smug and more deeply-felt than "Logan" — even if some of us may pine for the days when films about revolutionary apes were fun as well as harrowing.

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Philadelphia is a great place to be in the summer. We've got Sips to look forward to every Wednesday and every Thursday, we've got Old City Eats for the second year in a row.

It highlights Old City's food scene that now includes 80 restaurants, bars, coffee shops and more.

"Our focus for Old City Eats is spotlighting the neighborhood's impressive and evolving list of dining options," says Old City District Executive Director Job Itzkowitz. "With more than 25 restaurants and bars participating [this year], there's something to appeal to every palette.

Every Thursday from 5 p.m. to 8 p.m., participating restaurants will offer at least one half-priced appetizer and at least one $4 beer featuring Penn Beer and one $5 cocktail featuring Faber Liquors. (Both Penn Beer and Faber Liquors are sponsoring Old City Eats this year.)

You can find the full list of all participating bars and restaurants for Old City Eats 2017 as well as their menu items at metro.us/things-to-do/philadelphia.

Old City Eats runs through Aug. 31.

4 events you can't miss at the Philadelphia Podcast Festival

"Party Of One"
Don't let the name fool you! Join Jeff Stormer as he not only interviews a special guest, but also plays an intense yet fun tabletop roleplaying game with them. Fittingly, this geek-centric podcast will be held at Amalgam Comics and Coffeehouse in Fishtown. *(July 15, 12 p.m., Amalgam Comics and Coffeehouse, 2578 Frankford Ave., free)*

"We Got This" with Mark and Hal
Actors Mark Gagliardi and Hal Lublin (who have also appeared on "Drunk History and Welcome to Nightvale) offer a hilarious podcast that "offers definitive answers to dumb debates," such as whether or not ketchup belongs on hot dogs and whether chili should contain beans or not. *(July 21, 8 p.m., Ruba Club, 416 Green St., $20 general admission, $35 VIP)*

"Sex With Timaree"
Local sexologist Dr. Timaree Schmidt fearlessly discusses all things sex, including gender, relationships, LGBTQ issues and more. *(July 21, 10 p.m., Ruba Club, 416 Green St., $10)*

"Twisted Philly"
This podcast, created and hosted by Deana Marie, covers everything from true-crime stories to ghost hauntings in both Philadelphia and Pennsylvania. Sit in on an episode during the Philly Podcast Festival. *(July 22, 7 p.m., Tattooed Mom, 530 South St., Free)*

"Full Belly Laughs"
Join local comedian, producer, and writer Brian Durkin as he chats with members of the Philly comedy community about all things comedy and food. *(July 23, 1 p.m., Tattooed Mom, 530 South St., Free)*

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Where to celebrate National Ice Cream Day

There are some new sweet spots to get excited about.

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One of the best things about summer is the ice cream and our magical ability to eat it any time of day. Ice cream in the morning? Yes, please. Ice cream in the afternoon? Duh. Ice cream in the evening? Why not!

Of course, not all of us are this indulgent, but there is one special day of the year when you must give in to this sweet treat — National Ice Cream Day. Taking place the third Sunday each July, it falls July 16 this year, and lucky for you, Philadelphia has loads of options for cooling off with a cone, bowl or even an ice cream sandwich made with macarons. Here are our top picks on where to celebrate National Ice Cream Day.

Franklin Fountain

Go back in time at this adorable ice cream parlor in Old City, which serves up delicious homemade ice cream using local ingredients. You can get your ice cream either in a cone or in a Chinese food to-go container, if you're more of a bowl person. Popular flavors include Franklin mint chip (inspired by Philly's own Ben Franklin and made with white peppermint ice cream swirled with green creme de menthe and dark chocolate chunks) and Hydrox cookie (kind of like cookies and cream but made with Hydrox cookies — Oreo's kosher cousin).

116 Market St.
franklinfountain.com

Sugar Philly

Before summer is over, you must get your hands on a macaron ice cream sandwich by Sugar Philly. This popular food truck can usually be found Monday through Friday from 12 p.m. to 6 p.m. at 38th Street between Walnut and Sansom, but it's also making appearances at various food-centric events. Try the passionfruit burrata blueberry ice cream macaron, the dulche de leche or the salted triple chocolate.

Various locations
sugarphillytruck.com

Sweet Charlie's

This popular Thai-rolled ice cream spot opened on Washington Square (711 Walnut St.) last year and has really been on a roll, with a second Philly location (1921 Walnut St.) and stores in Delaware, Atlanta, Ocean City, North Carolina, New Jersey and Florida. Popular flavors include Monkey See Monkey Do (Nutella and banana), Namaste (strawberry cheesecake) and, of course, So Cal (acai, honey, coconut, banana). And don't forget to try the Tall Charlie, Thai ice cream wrapped in a doughnut roll that sort of resembles a hot dog.

Various locations
sweetcharlies.com

Bassett's Ice Cream

This fifth-generation family business has been making ice cream in Philadelphia since 1861. Its popular shop in Reading Terminal Market has been open since 1892 and continues to be a hit with both the locals and tourists. Try flavors like birthday cake (cake batter chunks in vanilla ice cream with colorful candy and waves of blue icing) or salted-caramel pretzel (vanilla ice cream with salted caramel swirls and chocolate pretzel nibs).

Reading Terminal Market
1211 Chestnut St.
bassettsicecream.com

Bassetts has been making ice cream since 1861. PROVIDED

Have you tried a Tall Charlie yet? PROVIDED

Jo Firestone comes to Good Good Comedy July 15. MINDY TUCKER

Tim and Eric make their return to Philly on July 20. PROVIDED

4 Can't-miss comedy shows coming to Philly in July

Get ready to laugh.

A.D. AMOROSI
@MetroPhilly
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Between the G-20 Summit and North Korean missiles, there's not a lot to laugh at this month. Perhaps, this rowdy handful of local comedy shows could help ease the pain.

From former Philadelphians Tim and Eric coming through town on tour to Pauly Shore doing a string of shows at Helium, there's something for everybody this month.

Jo Firestone (July 15, Good Good Comedy)
If you don't know her name, don't panic. Firestone has been a behind the scenes force of nature, producing and writing for fellow comedians Chris Gethard, Brett Davis and, since last year, "The Tonight Show Starring Jimmy Fallon." She's also been a guest star on "The Jim Gaffigan Show" and Comedy Central's "Broad City." In New York City's stand up and sketch scene, however, Firestone is a goddess who has performed during Upright Citizen Brigade events and created the pun-based

Pauly Shore comes to Helium on July 21 and 22.
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ComedySportz turns 25.
PROVIDED

live show "Punderdome 3000," which now has its own card game of the same name. Add to that her recent addition to "Rolling Stone" magazine's list of 10 Comedians You Need to Know, and Firestone's literary whip-smart humor is hands above the rest. Sat. July 15 at 8 and 10 p.m., Good Good Comedy, 215 N. 11th St., $12, goodgoodcomedy.com

Tim and Eric: 10th Anniversary Awesome Tour (July 20, Merriam Theater)
Philadelphia expatriates Tim Heidecker and Eric Wareheim have spent most of the last several years apart, with Tim recording mellow rock albums and starring in Adult Swim's "Decker" and Wareheim co-starring as Aziz Ansari's wing man in Netflix's "Master of None" and directing music videos for Depeche Mode, Blonde Redhead and such. Good for them. Now, it's time to get back to the work of short, maddeningly absurdist skits and cut-and-pasted videos the likes of which have filled their own shows such as "Check It Out! with Dr. Steve Brule" (starring John C. Reilly), "Tim and Eric's Bedtime Stories" and "Tim and Eric Awesome Show, Great Job!," as well as the pair's irregular contributions to the Funny or Die website. Welcome home, gents. Thurs. July 20 at 8 p.m., Merriam Theater, 250 S Broad St. $42.50-$47.50, kimmelcenter.org

Pauly Shore (July 21-22, Helium)
Beyond his fame in the 1990s as the bandana-wearing star of the MTV show, "Totally Pauly" and its annoying "hey buuuuuuuddy" catchphrase, the quintessential Los Angeles stand-up comedian has a legacy beyond all other comics, as his mom Mitzi Shore founded The Comedy Store, the place that birthed the likes of Leno and Letterman. Love Pauly or hate him, you have to give him his props and respect. Plus, more recent specials such as "Vegas Is My Oyster" and "Pauly-Tics" show that he's moved past the Valley Guy speak of his past. Fri. and Sat. July 21 and 22, 7:30 p.m. and 10 p.m., Helium Comedy Club, 2031 Sansom St., $25, heliumcomedy.com

ComedySportz 25th anniversary shows (July 22, Mandell Theater)
Philadelphia's longest-running sketch comedy show and challenge (every event is a battle royale between teams of performers) has its 25th birthday this month and rather than celebrate at its usual Sansom Street digs, over 40 players from the over-sized company's quarter century existence will gather at Drexel University's Mandell Theater for two large-scale matches. Sat. July 22 at 7 p.m. and 9:30 p.m. at Drexel University's Mandell Theater, 3201 Chestnut St., $25 for adults, $22 for students, seniors, and military with a valid ID., comedysportzphilly.com

Sundays on Stage

A series of cultural programs featuring live performances by a variety of artists and entertainers. These family programs celebrate diversity through music, dance, storytelling, and more.

July 16
Charlotte Blake Alston

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YOUR WEEKEND STARTS NOW

FESTIVALS

Blobfest 2017

Horror-movie fans rejoice: Blobfest – named after "The Blob" – brings a thoughtfully curated lineup of horror and sci-fi films to the Colonial Theatre for maximum spooks and thrills. Though it's a multiday affair, you'll want to show up on Friday, when attendees reenact the famous "run out" that harks back to a scene from "The Blob" filmed in the Phoenixville theater.
July 14 through July 16
The Colonial Theatre
227 Bridge St., Phoenixville
thecolonialtheatre.com
Pay as you go

Philadelphia Podcast Festival

Fifty-five podcasts get their chance to shine during this multi-week festival that kicks off July 14. Live shows are recorded at various venues throughout the festival, giving attendees a more up-close and personal experience with their favorite podcasts than is typical.
July 14 through July 23
Bridgeset Sound (July 14 only)
710 South St.
bridgesetsound.com
Various prices

Beard Fest 2: Return of the Beards

Back by popular demand, Digital Force Agency organizes six hours of beard competitions, grooming, ax-throwing, cigar smoking and spirit tastings courtesy of Eight Oaks Distillers. Gentlemen, start growing those beards now.
July 16, 1-7 p.m.
The Piazza at Schmidt's Commons
1001 N. Second St.
philadelphiabeardfest.com, $15

FILM

Dive-In Movie Night

On the back of the announcement that Tom Cruise will again suit up for "Top Gun," Valley Forge screens the '80s classic on the big screen – poolside.
July 13, 8 p.m.
Valley Beach at Valley Forge Casino Resort
1160 First Ave., King of Prussia
vfcasino.com, Free

MUSIC

Chevelle at the Fillmore

Black Map and Dinosaur Pile-Up accompany the alt-metal, all-male trio Chevelle. Inspired by groups like Helmet and the Cure, their sound has earned them a string of hits on Billboard's mainstream rock chart, including the 2016 single "Joyride (Omen)."
July 13, 7 p.m.
The Fillmore, 29 E. Allen St.
the fillmorephilly.com, $21

FESTIVALS

PROVIDED

Bluegrass and Blueberries Festival

Just as the name suggests, Peddler's Village promises an enlivening array of regional bluegrass and some of the best blueberries the area has to offer – cooked, baked or mixed into pies, jellies, lemonades, preserves, butters and all sorts of other pastries and confections.
July 15-16, 10 a.m. to 6 p.m.
Peddler's Village
Route 202, Lahaska, Bucks County
peddlersvillage.com,
Pay as you go

Lancaster Jazz Festival

West Philly sways and scats with the 11th annual Lancaster Jazz Festival – a free concert that takes place all day and, this year, brings "New Wave" jazz to the spotlight. Jaleel Shaw headlines, with eight others – including the Universal African Drum & Dance Ensemble – also taking the stage.
July 15, 12-7 p.m.
Saunders Park Greene
39th Street and Powelton Avenue
lancasteravejazzfest.com, Free

THEATER

"Rabbit Hole"

The Broadway-production-turned-film about dealing with the grief of losing a child comes to the outdoor stage of Sycamore Hill, courtesy of Pottstown theatre company Theater with a View. Starring: Drew Seltzer of the off-Broadway "The Franklin Thesis," Jo Twiss of Broadway's "Cat on a Hot Tin Roof," Nina Covalesky of Theater with a View's previous run of "Detroit" and more.
Through July 29

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NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell, to satisfy lien of the owner, at public sale by competitive bidding on July 19, 2017 at 10:00 AM at the Extra Space Storage facility located at:

4433 Wayne Ave, Philadelphia PA 19144, 215-455-2880

The personal goods stored therein by the following may include, but are not limited to general household, furniture, boxes, clothes, and appliances.

1A28 Jamil Reese home goods and catering items; 2A121 Albert Thompson Household items; 2A123 Clareta Williams dining room table 2 chairs 2 couches, 1 bed, kitchen ware, bicycles and grill; 2A127 Valerie Robinson kitchen set, Dresser, household items; 2A236 Monique Molen queen bed set, microwave, 2 tv, tv stand; 2A266 Sharava Green household goods; 2A56 Michael Oberholtzer Clothing & household items & 3 bikes; 2A81 Millicent Harvey household goods and clothing; 2A85 Myra Thomas household goods; 2A90 Hope Campbell Household Goods; 2B19 Shanell Banks household items; 2B31 Ebony Chisom household items; 2C25 Raheem Mobley Bins, clothes; 2C48 Ricardo Champagne small boxes; 2D102 Beverly Elum bags of clothes ..(10) glass dinette...2 chairs..flat screen tv..few boxes; 2D133 Charles Reynolds Table and chairs and bags; 2D230 Anisha Green household goods; 2D271 John Carmichael clothes; 2D33 Keena Yvette Edwards - Slater Slater boxes, bags, tools; 2E37 Myra Williams Household Goods; 3A219 Craig Jones household goods; 3A24 Dawn Lassiter bins and queen bed, and twin bed; 3A297 Donovan Cheeseborough boxes, bags, totes; 3A72 Yvette Carlton Household Goods; 3E39 Darrell Reeves Household items; 3L45 Jamesl Bowen Household Goods; 4A14 (Kim Clark) Kimberly Clark household; 4A157 Monique Pearl Knox household goods; 4A197 Ebony L Roberts household goods; 4A237 Aaron Wingfield Household Goods; 4C15 Nicholas Stamps household items; 4C17 Dishawn Stewart household items; 4E124 Alonda Bey Household goods; 4E54 Erika Beasley TV, Queen bed, and boxes; 4L36 Isaiah Hendricks clothes cushions and books; 4L38 Bruce Brisbone clothes & bags.

Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Extra Space Storage reserves the right to bid. Sale is subject to adjournment.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell, to satisfy lien of the owner, at public sale by competitive bidding on **July 19, 2017** at **1:15PM** at the Extra Space Storage facility located at: **6204 Oxford Avenue, Philadelphia, PA 19111, 215-744-1563.** The personal goods stored therein by the following may include, but are not limited to general household, furniture, boxes, clothes, and appliances.

A131C Saglar Adykovna Badeeva (Boxes & Bags), C175C Bessie R. Dunbar (Bedroom Furniture & Boxes), D145 Olga Zlat (Household Items), E116 Olga Zlat (Household Items), F123 Holando Willi Falcon (Furniture & House Goods), F124 Manushka Laibhen-Bernard (Household Items & Furniture).

Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Extra Space Storage reserves the right to bid. Sale is subject to adjournment.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that Extra Space Storage will sell at public auction at the storage facility listed below, to satisfy the lien of the owner, personal property described below belonging to those individuals listed below at location indicated: Extra Space Storage **12005 Roosevelt Blvd, Philadelphia, PA 19154 215-514-2704, July 19, 2017** at **2:45pm.**

1272 Yvette Wheeler household items; B30 Dayshawn Mustafa Robinson one bedroom apartment, sectional couch, queen bedroom set, dining room, table boxes; E112 George Kerasinis Household Items; G15 Richard Collins furniture, power tools; I35 Anthony Rinaldi household items; I8 Max Xie Household Items; M5 Timothy Rushton household items

Purchases must be made with cash only and paid at the above referenced facility in order to complete the transaction. Extra Space Storage may refuse any bid and may rescind any purchase up until the winning bidder takes possession of the personal property.

NOTICE OF SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell, to satisfy lien of the owner, at public sale by competitive bidding on **July 19, 2017** at **2:00PM**, at the Extra Space Storage facility located at: **1553 Grant Avenue, Philadelphia, PA 19115, (215) 464-3913**. The personal goods stored therein by the following may include, but are not limited to general household, furniture, boxes, clothes and appliances.

243 - Jim Higgins - (Household Items)

245 - Shahida Jefferson - (Household Goods, Clothes)

130 - Jhojansel Guzman - (Household Items), 613 - Colleen Rafferty - (Household Items)

Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Extra Space Storage reserves the right to refuse any bid. Sale is subject to adjournment.

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Notice!

456 N. Christopher Columbus Blvd. Philadelphia, PA 19123
215-922-3715

NOTICE OF PUBLIC SALE: The following self-storage Cube contents containing household and other goods will be sold for cash by CubeSmart 456 N. Christopher Columbus Blvd. Philadelphia, Pa 19123 to satisfy a lien on July 20, 2017 at approx. 11:00am at www.storagetreasures.com

Cheyenne Simon A001, Frank Whitlock Jr A041, Jemil Atlig B098, Edward Millstein B169, Musa Kromah B211, Kesha Graham C311, Raymesha Latane D438

CubeSmart

Sycamore Hill
481 Ebelhare Road, Pottstown
theaterwithaview.com, $25

BalletX Summer Series

Two world-premiere ballets accompany a performance of Annabelle Lopez Ochoa's powerful and chaotic "Castrati." Because BalletX's usual home of the Wilma Theatre is closed for renovations, the company's duo of 20-minute premieres are tailor-made for The Prince.
Through July 16
The Prince Theater,
1412 Chestnut St.,
princetheater.org, $27

MUSEUMS

American Revolution Guided Tour

An educational way to spend an early morning, the museum gives 15 people the opportunity to be taken through a guided private tour before the museum opens to the public. Tours are about 60 minutes.
July 15, 9 a.m.
Museum of the American Revolution
101 S. Third St.
amrevmuseum.org, $50

MUSEUMS

PROVIDED

American Spirits: The Rise & Fall of Prohibition

The hotly anticipated exhibition guides observers back to the age of flappers and discreet martini-sipping. Featuring more than 100 artifacts, music, photos, films and multimedia installations, the exhibit chronicles the lead-up to, historical effects of and eventual end to one of the country's most unusual time periods.
Through July 30
National Constitution Center, 525 Arch St.
constitutioncenter.org, $17.50

FOOD & DRINK

Fairmount French Fling Bar Crawl

The bars of Fairmount Avenue band together for the ultimate Bastille Day bar crawl, with many serving Kronenbourg 1664 lager and Kronenbourg Blanc witbier for $3 – along with other French beer specials and food discounts. Think of it as your Bastille Day pre-game.
July 13, 6 p.m.
23rd Street and Fairmount Avenue
Pay as you go

MISC.

Bastille Day

Now in its 24th year of celebrations, the Bearded Ladies perform outside the atmospheric and theme-fitting walls of Eastern State Penitentiary. Show up for the beheading of Marie Antoinette; stay for the free 2,000 Tastykakes. VIP seats can be purchased for $40.
July 15, 5:30 p.m.
Eastern State Penitentiary
2027 Fairmount Ave.
easternstate.org, Free

BRANDON BAKER

FOOD & DRINK

PROVIDED

The Good King Tavern's Bastille Day

The Good King Tavern takes over the 700 Block of Kater Street in celebration of Bastille Day, offering a special menu with items like a potato salad made with duck fat mayonnaise, a provencial-style sausage on baguette and gauffrette-style french fries. Activities include bocce ball, an accordion performance from Liberty Bellows and face painting.
July 14, 5 p.m.
Kater Street, between Seventh and Eighth streets
Pay as you go

Public Storage — NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Pursuant to the Pennsylvania Self-Storage Facility Act, Pennsylvania Statutes, Title 73, Chapter 26, § 1901 et seq., a public auction will take place on **7/20/2017**, at the below-listed Public Storage Facilities, for the following units/Tenant. The contents of which shall be sold satisfy the owner's lien. **Public Storage Located At, 3751 Bristol Pike, Bensalem, PA 19020 at 12:00 PM. (215) 245-4365.**

Amy Pannell Johnson, Augusta Clay, Tamara Marcolongo, Samantha Miller, Florence Otto, Corinne Edwards, Jay Rankowitz, Tamara Marcolongo, Jason Lopez, Danielle Smith, Deondrae Rankins, Susandel Brady, Ivy Capoferri, Thelma Minichino, Mark Falkenstein

All Sales Are subject to Cancellation Public Storage Terms, Rules and Regulations will be made prior to the sale. PS Orangeco Inc. 701 Western Ave. Glendale California, 91201. PS ORANGECO, INC

Public Storage — NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Pursuant to the Pennsylvania Self Storage Act Pennsylvania Statues, 73, Chapter 26, 1901 et seq., A Public Auction Will take Place on **7/26/17** at the below listed Public Storage Facilities for the follow units/Tenants. The Contents of which shall satisfy the Owners Lien. **Public Storage Located At, 7000 Lindbergh Blvd, Philadelphia PA 19153 at 12:00 PM (215) 537-0184.**

Laurence Mapp, John welch, Ginger Weston, Dannie Parker, Tasha Seymore, Levonia Cromartie, Roland Simmons, Sheila Dillard, Daniel Wesley, Samone Lockett, Veronica Verlengia, Tyrone Speis, Santia Williams, Ashley Brown, Toni Harris, Kendra Walker, Sharon Brown, Horace Floyde, Alicia Wright, Shamaine Walker, Donavon Sankey, STEVEN WILSON, Del Ewing, Lateshia Robinson

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Jacqueline Martinez, Stephanie Bastic'Timin, Helen Shiffler, Reynaldo Cruz, John Truesdale, Eric Jenkins, Richard Blon, Nyeem Forrest, Richard Sounders, James Mitchell, Barbara Kotwicki, Shanirah Dickerson-Kornegay, Meisha Ferguson, Dain Scruggs, Nicole Black, Shannon Jordan, Latricia Booker, Shawn Frazier, Ruth Banford, Charles Oneill, MarieAnne Lawrency, Lynnette Dunbar, Jemere Moore

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Pursuant to the Pennsylvania Self Storage Act Pennsylvania Statues, 73, Chapter 26, 1901 et seq., A Public Auction Will take Place on **7/25/17** at the below listed Public Storage Facilities for the follow units/Tenants. The Contents of which shall satisfy the Owners Lien. **Public Storage Located At, 6301 Tacony St Philadelphia PA 19135 at 1:00 PM (215) 333-3138.**

Rosa Oter • Awilda Rivera-Velazquez • James Higgins • Mark Tomasetti
Arthur Hanman • Naquiaya Winstead • Richard Mott

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Joann Fritz, Amber Harron, Daniel Perez, Janeen Milton, Sarah Capanna, Heather Brophy, Nicholas Iannuzzi, Erwin Morris, Michele Dwyer, Matt Koenig, Gus Burgmann, Deborah Blum, Larry Roberts, Christin Pike, David Jackson, Tyeisha Williams, Theresa Merlo, John Jones Jr, Mary Tozo, Angie Steele, Ronisha Sanders, Joseph Fritz, Alicia Alleyne, Gina Goodman

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Public Storage — NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Pursuant to the Pennsylvania Self-Service Storage Facility Act, Pennsylvania Statutes, Title 73, Chapter 26 § 1901 et seq., a public auction will take place on **7/19/2017** at the below-listed Public Storage facilities, for the following units, the contents of which shall be sold to satisfy the owner's lien. **Public Storage Located At, 1431 Ivy Hill Road, Wyndmoor, PA 19150 at 10:00AM 215-836-1654**

A122 - Washington, Clifford • B343 - Thompson, John • B461 - Holmes, Jerrica • D709 - Jones, Maurice D809 - Mckiney, Reginald • E1001 - Green, Naftule • E1008 - Chavis, Mary • E1026 - Swain, Rhonda E1045 - Pompey Jr, William • E1051 - BAYLOR, ALBERT • E951 - Brown, Reginald • F1137 - Sanford, Willion F1264 - Chisholm, Donald • G1346 - Allen, EDWIN • G1414 - Boddie, Kamilah • G1417 - Pagan, Destiny H1534 - Dean, Tyrone • H1604 - Barnes, Angela • H1612 - Pinkney, Tracy

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Public Storage — NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Pursuant to the Pennsylvania Self Storage Act Pennsylvania Statues, 73, Chapter 26, 1901 et seq, A Public Auction Will take Place on **7/25/17** at the below listed Public Storage Facilities for the follow units/Tenants. The Contents of which shall satisfy the Owners Lien. **Public Storage Located At, 2190 Wheatsheaf Lane Philadelphia PA 19137 at 12:00 PM (215) 289-4969.**

Marykate Mccaughey, Crystal Holden, Robin Harmon Marcella Banach, Matthew Ortiz, Arthur Wallace Iii, Albert Griffin, Nakia Shubert, Casandra Diaz, Stephen Callahan, Jessica Jenkins, Nicholas Alba, Heather Morris

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Public Storage — NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Pursuant to the Pennsylvania Self-Service Storage Facility Act, Pennsylvania Statutes, Title 73, Chapter 26 § 1901 *et seq.*, a public auction will take place on **7/19/17,** at the below-listed Public Storage facilities, for the following units, the contents of which shall be sold to satisfy the owner's lien. **Public Storage Located At, 592 Swedesford Road, Berwyn, PA 19132 at 10:00 AM 610-722-9230**

1310 - Gigliotti, Yvonne • 1316 - Moore, Robert
1536 - Cummings, Thomas

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Public Storage — NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Pursuant to the Pennsylvania Self-Service Storage Facility Act, Pennsylvania Statutes, Title 73, Chapter 26 § 1901 *et seq.*, a public auction will take place on **7/18/2017**, at the below-listed Public Storage facilities, for the following units, the contents of which shall be sold to satisfy the owner's lien. **Public Storage Located At, 245 West Chester Pike, Havertown, PA 19083 at 10:00AM (610)-853-9809.**

B100 - Hilliard, Kenniyah • B188 - Jackson Jr, Dorsey
B194 - Hall, Paul • B228 - Bold, Matthew • C164 - Beatty, Latreesh
C213 - Nessa, Hayatun • C241 - Rebstock, Margaret

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Public Storage — NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Pursuant to the Pennsylvania Self-Service Storage Facility Act, Pennsylvania Statutes, Title 73, Chapter 26 § 1901 *et seq.*, a public auction will take place on **7/25/2017**, at the below-listed Public Storage facilities, for the following units, the contents of which shall be sold to satisfy the owner's liens. **Public Storage Located At, 610 Old York Road, Jenkintown, PA 19046 at 10:00AM 215-885-3671**

Denise Liburd, Lee Frazee

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C054 - Morgan, Samuel • D063 - Hansell, Michelle
D085 - Jean, Dina • D131 - Pierce, Jody • D143 - Kucinski, Danielle
D216 - Pratt, Danaya • D299 - Crescenzo, Michael
D306 - Rines, Samuel M • E004 - Lash Cody, Diana

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Public Storage — NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Pursuant to the Pennsylvania Self Storage Act Pennsylvania Statues, 73, Chapter 26, 1901 et seq., A Public Auction Will take Place on **7/18/17** at the below listed Public Storage Facilities for the follow units/Tenants. The Contents of which shall satisfy the Owners Lien. **Public Storage Located At, 6330 Market St, Upper Darby, PA 19082 at 10:00 AM (610) 352-5709.**

A011 - Mickelson, Bernice • A046 - Brown, David • A050 - Alexander, Angel • A067 - Johnson, Antonio • A070 - Lane, Yolanda • A099 - Grant, Robynn A120 - Campbell, Victoria • A125 - Loy, Michael • A131 - Strickland, Erika • A135 - Davis, Peter • A170 - Booker, Rachiel • A173 - Jones, Bernard A183 - Hutter, Lewis • B221 - Jackson, Sonia • B243 - King, Kateesh • B254 - Bright, Willie • B271 - Jamison, Almeca • B281 - Williams, Stanell B295 - Fields, Shanika • B300 - Bell Jr, Ronald • B342 - Phillips, Kim • B349 - Davis, Tammie • B378 - Bailey, Dawn • B402 - Brown, Michael B443 - Hampton, Dorinda • B481 - Joseph, Janet • B512 - Reed, Lawanice • B538 - Rogers, Carlton • C605 - Options, James • C657 - Walker, Barry C658 - Martin, Louise • C749 - McLaren, Kellie • C785 - Easley, Gladys • C803 - Hampton Jr, Theodore • C810 - Tomlin, Jacqueline • C830 - Perkins, Tracy C845 - Dickson, Charlene • C887 - Winston, Sr, Ernest • C902 - Pearson, Cornell • C905 - Clark, Lisa • C915 - Williams, Danielle

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Matt Cannon, Lakisha Murphy, Latise Brown,
ILYA SHUSTERMAN, Ronald Frank, Mara Faustino,
Oleq Tinokhin, Rhonda Fairfax

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Public Storage — NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Pursuant to the Pennsylvania Self-Service Storage Facility Act, Pennsylvania Statutes, Title 73, Chapter 26 § 1901 *et seq.*, a public auction will take place on **7/19/2017**, at the below-listed Public Storage facilities, for the following units, the contents of which shall be sold to satisfy the owner's lien. **Public Storage Located At, 2112 W. Main Street, Norristown, PA 19403 at 10:00AM 610-382-1512.**

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A102 - Mcdonald, Andrew • A124 - Mair, Stephanie • A408 - Long, Konya • A515 - Mcguigan, Catherine A516 - Brissett-Taylor, Julisa • A530 - Brown, Aaron • A645 - Lilliston, Angela • A646 - Griffith, Edward F. B2022 - Kyramarios, Vassilios • B3021 - Crump, Maurice • B934 - Mclaughlin, Daniel C8027 - Paterson, LAMAR • C9001 - Richards, Chamelle

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How to see the world

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See Mount Asahi in bloom at Hokkaido's Daisetsuzan National Park. JTB, UIG

Japan's northernmost island

Plan ahead for Zeagrahm's May 2018 departure of Hokkaido, "Japan's Wild Island." This 16-day voyage circumnavigates Japan's northernmost main island of Hokkaido. You'll visit some of the most beautiful parts of the country, like the wildflower fields of Rebun Island. In between nature explorations you'll visit a few morning markets, like the ones at Abashiri and Hakodate, and you'll explore bustling cities like Otaru and Sapporo.

A new option in the Caribbean

Save the date in April 2018 for a full circumnavigation of Cuba aboard the Hebridean Sky with adventure outfitter, Zegrahm Expeditions. This round trip out of Havana introduces you to Cuban culture, historic sites, traditional Cuban cuisine, indigenous music and more. With nearly a dozen port calls around the island, you'll have the opportunity to explore the coastal regions as well as travel inland to discover places like Pinar del Rio, where Cuba's famous tobacco grows, plus Viñales Valley, a UNESCO World Heritage Site known for its dramatic karst outcroppings that punctuate the landscape.

Our neighbors to the north

Sailing around Newfoundland, Adventure Canada promises a voyage where you'll spy whales breaching, seabirds breeding, and maybe even majestic icebergs. You'll travel with onboard naturalists who will share their deep knowledge of the region with you. You'll visit the only Mi'kmaq village in Newfoundland and view a reconstructed Viking settlement (and UNESCO World Heritage Site) that dates to 1000 AD, at L'Anse aux Meadows. Passengers will explore Gros Morne National Park and see the most remote areas of Newfoundland and Labrador in resplendent bloom.

Lava fields and glacier rivers

Circumnavigating Iceland is a relatively new itinerary for many cruise lines. Itineraries are generally 10 or more nights, take place during the summer months, and start and end in the capital city of Reykjavik. Located just shy of the Arctic Circle, expect wildlife sightings like razorbills, puffins, Arctic terns, fulmars and Icelandic horses. Most lines offer an excursion to the famed Blue Lagoon thermal baths but the crystalline blue icebergs you'll witness during Zodiac excursions may be even more breathtaking.

Tour Down Under

If you're going to travel all the way to Australia — Sydney is a 17-hour plane ride from the U.S. — you should consider seeing as much of the country as you can. That's where Australian circumnavigation cruises come in. In one fell swoop, you'll spend a month exploring the entire coastal regions as well as enjoying a fair number of sea days.

The Land of the Long White Cloud

Spend 19 nights, including Christmas and the New Year, circumnavigating New Zealand aboard Noble Caledonia's 57-suite Caledonia Sky. The cruise fare includes all meals and beverages onboard (including wine and beer), shore excursions, gratuities, and even overnight accommodations pre-cruise in Hong Kong and Auckland. This tour has a bit of everything, from metropolitan cities to historic villages to botanical gardens to geothermal hot springs and mud pools.

Rule Brittania

Lindblad's 19-day British & Irish Isles expedition features a circumnavigation of England, Ireland, Scotland and Wales. It's packed with visits to places that highlight the region's long history, from a Stone Age village with ruins dating back 5,000 years ago to destinations that were pivotal in World War II to modern cities as well as quaint little villages where you can grab a pint and listen to traditional music while getting to know the locals.

The wonders of Patagonia

South America is massive so you won't find a full circumnavigation, but there are plenty of voyages that sail partially around the continent and even make calls in Ushuaia for Antarctica. Look to Holland America for the widest range of sailings. There are plenty of 20- to 30-day options but the most encompassing itinerary may be the 42-day South America Odyssey aboard MS Zaandam in February 2018. It departs from Buenos Aires, Argentina, and then sails around the continent and transits the Panama Canal before ending in Florida.

Djupalonssandur Beach is a slice of desolate beauty on the coast of Iceland. BEN BRAIN, DIGITAL CAMERA MAGAZINE

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Princess Cruises — 7-Day Alaska $669* pp — Ocean View $699* pp, Balcony $1389* pp

CARIBBEAN/BAHAMAS
Royal Caribbean International — 7-Day Caribbean $549* pp — Ocean View $699* pp, Taxes & fees $148.34pp, Balcony $789* pp
NCL Norwegian — 7-Day Bahamas $599* pp — Ocean View $699* pp, Balcony $749* pp
NCL Norwegian — 10-Day Caribbean $699* pp — Ocean View $779* pp, Balcony $1099* pp
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NCL Norwegian — 10-Day Europe $649* pp — Ocean View $909* pp, Balcony $1299* pp

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How you can still visit Cuba

The ban on travel to Cuba has been reinstated, but you haven't missed your chance to see the Caribbean island yet.

FodorsTravel

The vibrant window onto the past that is Cuba isn't closed to you yet. GETTY IMAGES

Despite the recent rollback of the Obama administration's loosened restrictions on travel to Cuba, it is still possible to visit the island nation legally — with a lot of caveats.

First, let's clarify some things. Under the Obama directives, outright tourism was never allowed. Americans were permitted to travel to Cuba without a license if they fit into one of 12 approved categories.

The most widely used category, individual people-to-people, allowed for travelers to plan their own educational trips as opposed to booking travel through a government licensed tour group, although the educational requirements were never strictly enforced. It's the lax oversight that allowed travelers to skirt the educational requirements that is going away.

Another aspect of the rollback prohibits American travelers from spending money at government-run businesses, which include hotels, restaurants and car rental agencies. When also factoring in the language barrier (few people in Cuba speak English), no internet service for American cellphones, and the many infrastructure issues, visiting Cuba may now seem insurmountable, but it is not! The best way to visit was and still is with an organized tour group.

Tour groups that are licensed to operate in Cuba are the way to go.

The best tours, such as Access Trips' eight-day Cuban Culinary Tour, organize accommodations through *casa particulares* (homestays in private citizens' homes) and take travelers to some of the best *paladars* (private restaurants usually operated out of people's homes) in the country. Because the quality of private accommodations and food is much higher than in government-run establishments, you're not missing out.

Although the cost of a tour is higher than traveling solo, this point is now moot. The invaluable bonus of a tour group is trifold: Local bilingual tour guides speak candidly about life in Cuba as well as help you communicate with people you'll meet, the guides have insider knowledge and access to attractions that only comes with being a local, and a private chauffeur takes care of traveling to all the destinations you'll hit throughout the country.

A guided trip to Cuba offers an infinitely richer and stress-free experience than anything you could organize on your own.

The good news is the reinstatement of restrictions will take some time to go into effect. Travelers with booked travel plans taking place within the next few weeks to a month should absolutely stick with them.

However, if a trip to Cuba is on your wish list, there's no need to take it off.

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History of having back-to-back No. 1 picks in NBA looks promising for Sixers

With Ben Simmons and Markelle Fultz slated to play together for the Sixers this season, things are looking bright.

LUKE MILLER
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By trading for the Celtics first overall pick and selecting Markelle Fultz, the 76ers became the eighth team in NBA (or BAA) history to make the first pick in the draft two years in a row. At face value, such a happening remains a pretty promising sign for the future, if not a brutal commentary on the present.

Four times before the modern era, the 1948-49 Providence Steamrollers, the 1953-54 Baltimore Bullets, the Oscar Robertson-led 1959-60 Cincinnati Royals and the 1963-63 New York Knicks got the first pick in back-to-back seasons.

Thrice in the NBA lottery era has this occurred:

1983-84 Rockets: Ralph Sampson, Hakeem Olajuwon

The most successful example on our list is now here. While Sampson won Rookie of the Year and was already a four-time All-Star before injuries caused a trade and wrecked his career, it was Olajuwon who brought the team two titles in the mid-90s and won an MVP and two Defensive Player of the Year awards on his way to the Hall of Fame.

In 1986, while both Sampson and Olajuwon were still in Houston, they dethroned the Lakers as Western Conference Champions and lost to the famous 1985-86 Celtics in the finals in six games. In 1994, Olajuwon won MVP, Defensive POY, and Finals MVP while the Rockets won their first of back-to-back titles.

1992-93 Magic: Shaquille O'Neal, Chris Webber

The Magic made the 1995 Finals on the back of the two players they wound up with from the 92 and 93 drafts. In 1993 they made Chris Webber the first pick before immediately trading him for Penny Hardaway (the third pick) and three more picks.

Michael Jordan's resurgent Bulls owned the East after 1995, and when O'Neal left for the Lakers where he would win three titles (and one more in Miami) and an MVP (and three finals MVPs) on his way to the Hall of Fame. Hardaway, struggled through injuries, but still managed to make the All Star game five times.

The Sixers' No. 1s will be tasked with living up to some serious hype. GETTY IMAGES

2013-14 Cavaliers: Anthony Bennett, Andrew Wiggins

The most recent occurrence on this list is the weirdest as well. Neither player is a Cleveland Cavalier, and Bennett is already out of the league, but Cleveland has made three straight finals appearances and won one title since selecting these players. Obviously, it's due to the selections coinciding with Lebron James' decision to return home. Their 2011 first overall pick, Kyrie Irving, has helped as well.

Once Wiggins was drafted, he and Bennett were traded to the Timberwolves in the deal that saw Kevin Love join the Cavaliers. The Sixers were part of the three-team deal and sent Thaddeus Young to Minnesota. They obtained the draft pick that became Timothé Luwawu-Cabarrot. Unlike Bennett, Wiggins has been a success. He won Rookie of the Year and has improved his scoring each year — to 23.4 points per game in 2016. But his personal success pales in comparison to the Cavaliers achievements since picking him in the draft: three 50-win seasons and three finals appearances in three years.

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Bolden's ascent could mean the end for Okafor with the Sixers

The Sixers may have yet another star rookie to boast in 2017-18.

JEFF MCMENAMIN
@Jeff_McMenamin
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If Jahlil Okafor's days in Philadelphia weren't limited before, they certainly are now with the emergence of forward Jonah Bolden in summer league.

The Sixers drafted Bolden with the 36th overall pick in June's draft and he has shown a lot of promise on both ends of the court in the audition he's been given so far. The thinking was that Bolden, who currently plays for Crvena zvezda of the ABA League, would be stashed in Europe for at least a year with a seemingly full roster. But his play so far may have just changed the minds of both coach Brett Brown and general manager Bryan Colangelo when roster decisions need to be made.

He signed a two-year contract with Crvena zvezda on June 10, but has a buyout on his contract of just $675,000 if the Sixers were to find a spot for him.

"The beauty of his intrigue is defensively he can rim-protect," Sixers assistant Lloyd Pierce said. "Defensively, he can get out on the perimeter to use his length and athleticism to be a pest on the ball. Offensively, his athleticism, he can finish around the rim, and we know that he can make three-point shots."

All of the things he does well are the crutches that have been linked to Okafor's game — defense, shooting, rebounding, ball-handling, athleticism and passing.

Jonah Bolden has a good chance at making the Sixers' roster out of summer league. GETTY IMAGES

4.6

BEFORE PLAYING AS A PRO IN EUROPE, BOLDEN SCORED JUST 4.6 POINTS PER GAME IN ONE SEASON WITH UCLA IN 2015-16.

His up-tempo style of play was on display in Tuesday nights 88-83 loss to the Celtics. Bolden notched 15 points, eight rebounds, two steals and was the best Sixers' player on the court.

For FMP Belgrade last season, Bolden averaged 12.9 points and 7.2 rebounds and shot 41.9 percent on three-pointers. A big man who can stretch the floor, defend, rebound and pass is very useful in today's NBA. A low-post big man like Okafor is becoming more and more irrelevant, especially if his abilities on the defensive end are limited.

"I think defensive versatility is a strength of mine," Bolden, a 6-foot-10 native of Australia said. "I want to become a player who can guard all five positions."

Bolden and Okafor are polar opposites on the basketball court. Bolden's fit in Philadelphia is as clear as day. Brown and Colangelo should take a long look at him before the final roster cuts are made.

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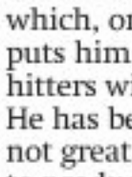
Freddy Galvis and the rest of the Phillies offense haven't had much to smile about this season. GETTY IMAGES

Phillies MLB All-Star break report card

Which Phillies get passing grades? Not many after a disastrous first half of the season.



EVAN MACY
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Not many Phillies on the honor roll after a first half that puts the team dead last in all of baseball. Come to think of it, not a ton of passing grades either.

Here's a look at the Phillies roster and how we rate their performance through the season's first half.

C Cameron Rupp — D
The Phillies starting catcher is batting .200 with just six homers and has really brought nothing offensively. And with the Phils pitching staff also playing worse than expected, he hasn't called too many lights-out games this season.

1B Tommy Joseph — C
Joseph leads the Phils with 15 homers and has a .252 batting average which, on this team, puts him sixth among hitters with 100 at bats. He has been decent, not great, and will need to produce down the stretch if he wants to keep his job.

2B Cesar Hernandez — B-
While Hernandez may not be the future at second base, he hit .277 from the leadoff spot and played well defensively before a DL-stint slated to end when the season restarts Thursday.

SS Freddy Galvis — C+
Galvis' power numbers, 10 homers and 37 RBI, are fourth on the Phils and have provided a nice boost, as has his reliable glove.

3B Maikel Franco — D-
Despite hitting 13 homers and driving in a team-best 45 RBI, the young third baseman was supposed to anchor the line up, and is instead batting at the end of the order due to a .217 batting average. He leads the team with seven errors.

OF Howie Kendrick — B
If Kendrick had been able to stay on the field he might be an A, or a better trade chip for the Phillies. But his .349 average through 33 games and team-best stolen base total make him a valuable piece of the club.

OF Aaron Altherr — B
The surprise factor makes Altherr's first half — .284, 14 HR and 44 RBI — extremely impressive. He probably should have been the Phillies' All-Star and is showing he could be a key part of the Phils' future plans.

OF Odubel Herrera — C
Herrera went from being in the mix for a batting title to a .256 batting average and hitting seventh in a lackluster offense. His attitude and hustle issues have dogged the Phillies as their growing pains continue.

SP Jeremy Hellickson — C-
Hellickson had sky-high trade value a year ago, but it has plummeted with a 4.49 ERA and modest 5-5 record. He has fallen back into mediocre form.

SP Aaron Nola — B
Nola has made 13 starts this year after battling some minor injury concerns and has been solid, especially in his last two starts.

SP Jerad Eickhoff — D
The young curveball specialist is 1-7 with a 4.63 ERA and hasn't performed as many hoped in 15 starts.

RP Pat Neshek — A
The only Philly getting excellent marks, the team's lone All-Star has a 1.30 ERA and will likely be gone in a trade by the end of the month.

Other grades:

SP Nick Pivetta — C-
SP Vince Velasquez — D
SP Zach Eflin — D-
SP Ben Lively — B
RP Hector Neris — B
RP Luis Garcia — B+
SP Mark Leiter Jr. — C
OF Daniel Nava — B
C Andrew Knapp — C
IF Andres Blanco — C-
IF Brock Stass — C
IF Ty Kelly — D

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PUBLIC NOTICE

DISADVANTAGED BUSINESS ENTERPRISE (DBE) GOAL for FEDERAL FISCAL YEARS 2018 through 2020

In accordance with the U.S. Department of Transportation's Title 49 Code of Federal Regulations, Part 26, the Southeastern Pennsylvania Transportation Authority (SEPTA) hereby announces the following as its proposed overall DBE participation goal for Federal Fiscal Years 2018 through 2020 (October 1, 2017 through September 30, 2020):

15%

This goal represents the percentage of work to be accomplished by DBE prime contractors, subcontractors, consultants and material suppliers for professional services, construction, technical services and material/supply procurement contracts on federal-aid transit projects.

The proposed goal and its rationale are available for public review, for 30 calendar days from the date of this notice, Monday through Friday, 8:30 a.m. to 4:30 p.m., at our administrative offices indicated below, and on SEPTA's website (www.septa.org). Written comments will also be accepted by SEPTA for 30 calendar days from the date of this notice. Interested parties are encouraged to submit comments to:

SEPTA – DBE Program Office
1234 Market Street, 11th Floor
Philadelphia, PA 19107-3780

LEGAL NOTICE

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SALE

Storage Facility Operator's Sale for non-payment of Storage Charges pursuant to UCC Section 6A, Par. 7-210, enforcement of the Warehouseman Lien. The following property will be sold at Barry S. Slosberg Auctioneers at **Thursday, July 27, 2017 at 3 pm.** located at **2501 East Ontario St. Philadelphia, PA 19134.** All household furniture, trunks, books, clothes, appliances, tools, antiques and miscellany held for the accounts of: Leslie Graves #75758, Rebecca Rudolph #89440, Debbie Thompson #56098, Mark Migliaccio #86110. Sale per order of Isaac's Storage City, **Tel. 781-436-4721.** Terms: CASH. Units sold by the entirety.

Sale subject to postponement and/or cancellation. Barry S. Slosberg Auctioneers, # AU-1487-L.

NOTICE OF HEARING ON PETITION TO INVOLUNTARILY TERMINATE PARENTAL RIGHTS IMPORTANT LEGAL NOTICE

In Re: Adoption of Baby Girl Wisti, a minor, No. 85362 of 2017 in the Orphans Court of Berks County, Pennsylvania

To: Any Unknown John Doe, or Anyone Claiming Paternity of Baby Girl Wisti, born on March 5, 2017. The mother of said child is Megan Wisti.

A Petition has been filed asking the Court to put an end to all rights you have to your child, Baby Girl Wisti. The Court has set a hearing to consider ending your rights to your child. That hearing will be held in the Courtroom designated for Senior Judge Arthur Grim, Berks County Courthouse, 633 Court Street, Reading, PA 19601, on July 25, 2017 at 11:30 A.M. You have a right to attend the hearing. If you fail to attend the scheduled hearing, the Hearing will go on without you and the Court may end your rights to your child without your being present. You have a right to be represented at the Hearing by a lawyer. You should take this paper to your lawyer at once. If you do not have a lawyer, or cannot afford one, go to or telephone the office set forth below to find out where you can get legal help.

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metro.us/games

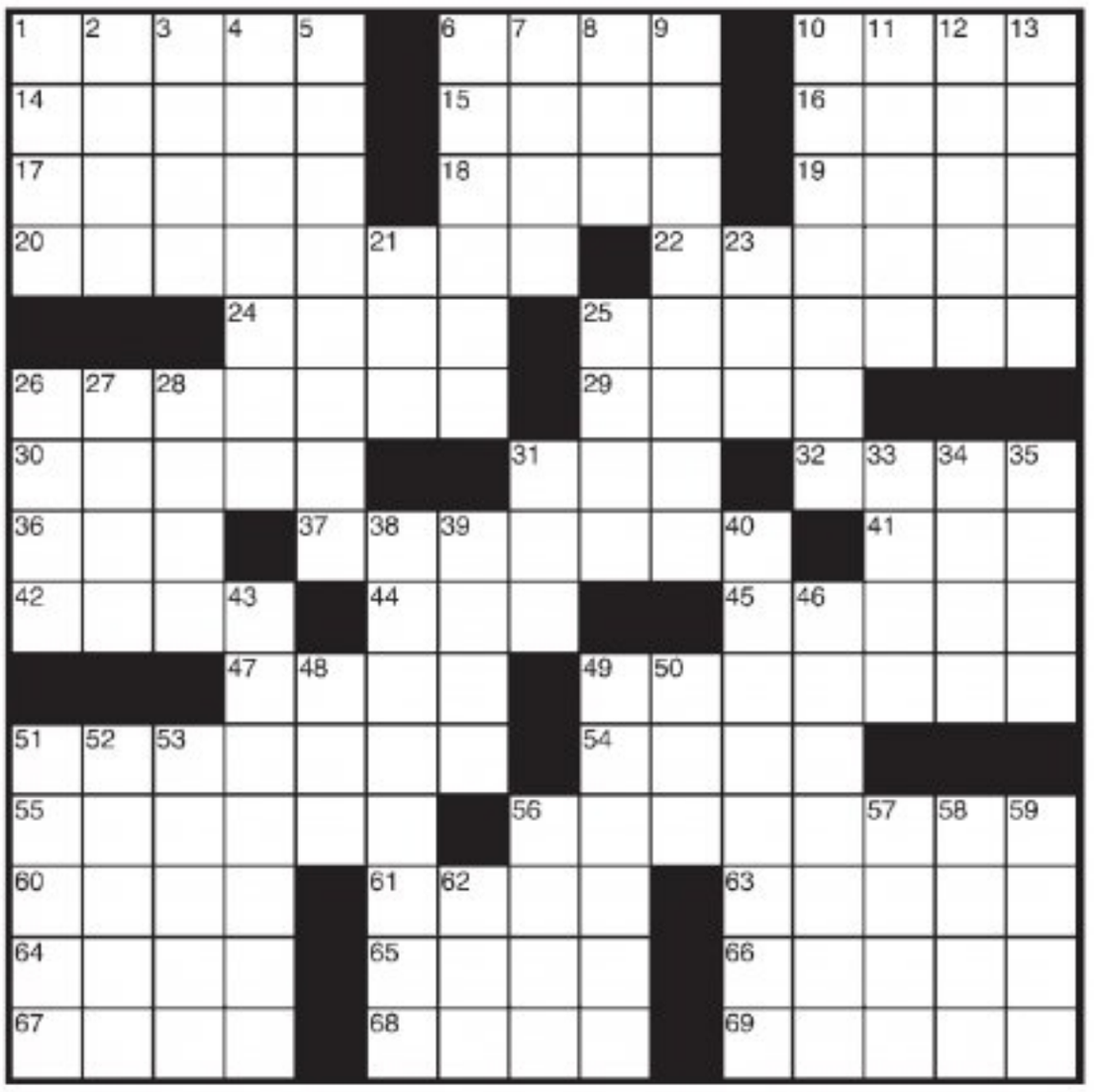
metro.us/crossword

Across

1 "Star Wars" gangster
6 Commuter line
10 Quote from
14 Barracuda habitat
15 French bread
16 Jet black
17 Close or Miller
18 Lobster appendage
19 Liquefy
20 Divided
22 Having less rigidity
24 God of war
25 "High Hopes" singer
26 Rutabagas
29 "Mystic River" lead
30 Newton or Asimov
31 IBM-compatibles
32 Consider
36 Cartoon shriek
37 Follow the example of
41 Big fuss
42 Took a straw
44 Beth and Jo's sister
45 Zodiac sign
47 SOS response
49 Read hurriedly
51 Small houses of the Southwest
54 Eyebrow shapes
55 Fish hawk
56 Bellowing ones
60 Watch's face
61 "Puppy Love" singer
63 Atelier item
64 Singer -- Adams
65 Roulette color
66 Buoy up
67 Email program command
68 Tijuana Ms.
69 Twisted sideways

Down

1 Trots
2 Rights org.
3 "How've ya --?"
4 Kerchief
5 Vampire chronicler (2 wds.)
6 Nook or cranny
7 New Year's Eve word
8 Lyricist -- Gershwin
9 Most humble
10 Order
11 All thumbs
12 Before Polk
13 Left over
21 D.C. figure
23 Room offerer
25 Humane org.
26 Made fast
27 Computer owner
28 Long-handled tool
31 Labor at
33 Get by effort
34 Razor feature
35 Emotional tone
38 Kuala Lumpur residents
39 Refs
40 Refugees
43 Spun around
46 Hook up
48 Riviera summer
49 Bedouin's domain
50 -- -Magnon man
51 Encryptions
52 All kidding --
53 Where Seville is
56 Short play
57 Jacob tricked him
58 Nerve network
59 Yukon hauler
62 A conjunction



metro.us/sudoku

easy

	9		5	8			1	2
		8	9					
	1				6			4
8					9	1		3
		5		2		7		
9		3	4					8
7			6				3	
					4	2		
4	2			7	8		6	

hard

7		6			8			
3	9	4			7			
			2			6		3
9			1					5
	7		9		5		2	
4					2			8
5		9			1			
			8			1	4	7
			4			5		9

metro.us/horoscopes

Aries Someone is likely to use deceptive tactics to get you to agree to changes that will affect your status or home life. Use your intelligence and do your own thing.

Taurus Compromise will be necessary in partnership matters. If you strive for equality, it will help you maintain a good working relationship that allows you both to prosper.

Gemini Be careful whom you trust with personal information. Keep your passwords and possessions in a safe place. Use your charm to outwit anyone trying to cross you.

Cancer Try something different. Let your imagination wander and explore new possibilities. Go on a retreat or an adventure and see where it leads. Embrace new beginnings.

Leo Keep your personal information, passwords and plans a secret. The less obvious you are, the easier it will be to get things done your way.

Virgo Emotional deception is present, along with ulterior motives. You'll have trouble fitting in to unfamiliar situations. Step up and take charge.

Libra Keep your business and personal associates separate. Your intentions may be good, but don't get caught off guard or in the crossfire of an unstable situation.

Scorpio Avoid money problems by smartly handling your investments and overhead costs. Gain experience before you engage in costly endeavors.

Sagittarius Question anyone offering you something and asking for nothing in return. Opt to play it safe and only take what you are willing to give back.

Capricorn Someone who is unlike the people you usually associate with will capture your interest and inspire you to consider new options.

Aquarius Refuse to let anyone limit what you can do. Speak up and show discipline and the ability to get things done, regardless of what others do or say.

Pisces Self-deception will get you into trouble. Realistically look at whatever situation you find yourself in. Physical alterations will not turn out the way you expect or want.

Yesterday's answers

W	A	G	E	R		T	B	S	P		R	I	F	E
A	L	I	K	E		U	L	N	A		E	N	O	W
R	O	G	E	T		L	E	I	S		V	I	C	E
P	E	S	S	I	M	I	S	T	S		O	T	I	S
				R	A	P	S		O	Y	L			
D	I	N	N	E	R	S		O	V	A	T	I	O	N
O	B	E	Y	S			A	H	E	M		L	I	E
G	E	R	E		A	R	B	O	R		B	I	L	E
M	A	V		A	V	I	S			B	A	A	E	D
A	M	E	N	D	E	D		L	A	U	N	D	R	Y
			E	A	R		P	O	U	F				
A	L	E	X		S	C	R	U	F	F	I	E	S	T
B	A	R	T		E	L	A	N		I	D	L	E	R
E	M	I	T		L	I	N	G		N	O	L	T	E
T	A	C	O		Y	O	K	E		G	L	A	S	S

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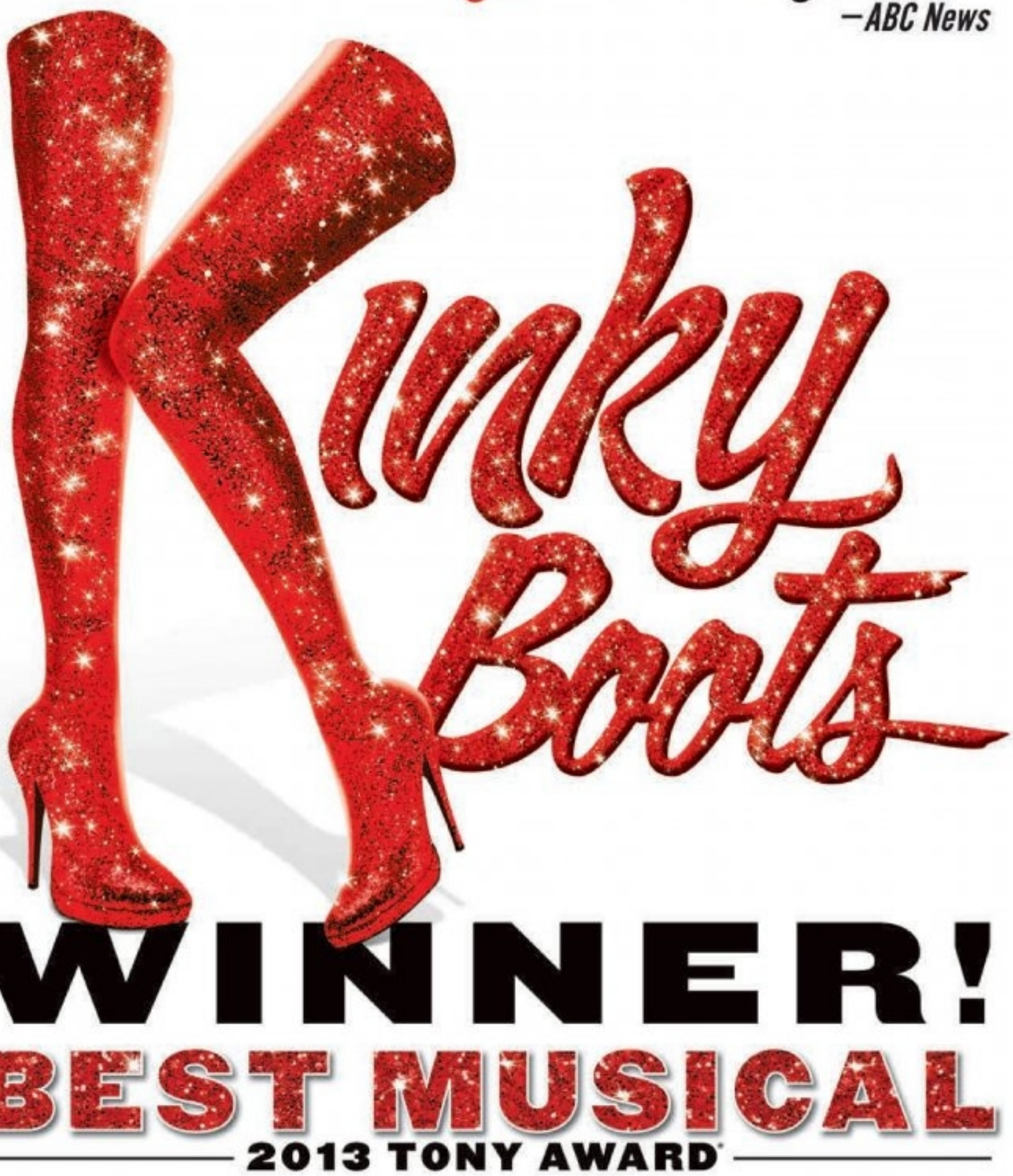

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